

UNIVERSITY OF ST. MICHAEL'S COLLEGE



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# AN EASY WAY TO USE THE PSALMS

BY

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AMPLEFORTH ABBEY.



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## PREFACE.

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THE Psalms form such a large portion of our prayer to Almighty God that it is important we should know how to use them to the best advantage. The Psalms may be studied in many ways.

The scholar treats the Psalms as merely historical documents, and spends his energy in discovering when exactly they were written. This inquiry gives scope for a large amount of erudition, and the results obtained are, without doubt, interesting.

As long as we rely on these results alone we may, indeed, be able to fill our minds with the sentiments of the human authors of the individual Psalms, and thus gain some little food for devotion. No doubt, if I could attune my mind to that of holy David, I might occupy myself well during the chanting of the Psalms.

The objection to this method is that for most of us the effort is distracting; and though in the minds of well instructed and erudite people the process might be fruitful, in the case of the simple it is somewhat hopeless. For the most part it does not lead to devotional converse with God, therefore it may be safely left alone by the simple.

Another method of studying the Psalms is to treat them as personal addresses or prayers uttered by myself to my God, just as they were the personal prayers of their original human author.

Suppose I had been the human author of a Psalm, and my God had used me as He used holy David, that Psalm might have been just what it is now to others, but to me it would have been the outpouring of my soul under the guidance of the Holy Spirit. It would have expressed my own wants, my own desires and my own thoughts, just as the Psalms originally did the wants, desires and thoughts of the Psalmist.

I am justified in appropriating the Psalms to myself in this way because of the other and the principal Author of them, the Holy Spirit.

The Church gives them to me to be used as prayers, and the fact that God is their Author makes them usable in this personal way by all those who wish to be in union with Him.

The study of the Psalms in this manner will turn my thoughts on the words in the way in which they suit me, and will express what my heart wishes to say to my God.

Now, I have supposed that you who read these notes are a child of St. Benedict, or, at least, living under some recognised rule, and trying to live according to the spirit of this rule, in definite circumstances, and having certain aims and certain ways of serving God.

The fact that you, as a rational creature, are required to use the Psalms in your prayers to God is sufficient to prove to you that they contain the elements, at least, of the prayer you need use towards God.

This is the study which I propose to open out to you who, following a religious rule, and trying to live in the spirit of that rule, are simple, and desirous

of making the recitation of the Psalms in the Divine Office more of a prayer than has been the case hitherto.

May God grant these few hints, however loosely put together, may help others as they have helped some to keep the mind and heart on God during the holy Office.

There are two ways of using the notes given below. The first is to read through a Psalm, and then to read the paraphrase. If it appear that the hints are likely to help you to make the Psalm your own prayer, it will be better to read and re-read the notes till they are your own. Then whenever that Psalm occurs in the Office, make an effort to recite it in the spirit and manner suggested. After a short time it will be easy to use the Psalm as a prayer from your own heart. Do not attempt at first to use the notes on all the Psalms at once; if you do, you will find that your mind, instead of being concentrated on God, will be simply distracted. Read them all through, if you wish, and mark any, if there be any, that specially appeal to you.

Begin with one of these, and try to find time to read it carefully together with the Psalm. This is an exercise for your cell, and not for the choir. Do not pass on to another for three or four days. Enlarge it for yourself if you feel inclined. When you have got into your mind the devotional meaning which suits you try in the Office to pray in that meaning whilst repeating the Psalm. When you find that you do this easily pass on to another Psalm. If you feel inclined and have the opportunity use the second Psalm chosen as matter for mental prayer in the afternoon whilst you are practising the first during the Divine Office. The object in view is to so let the meaning which suits you sink into your mind that when the Psalm is recited this meaning will easily present itself.

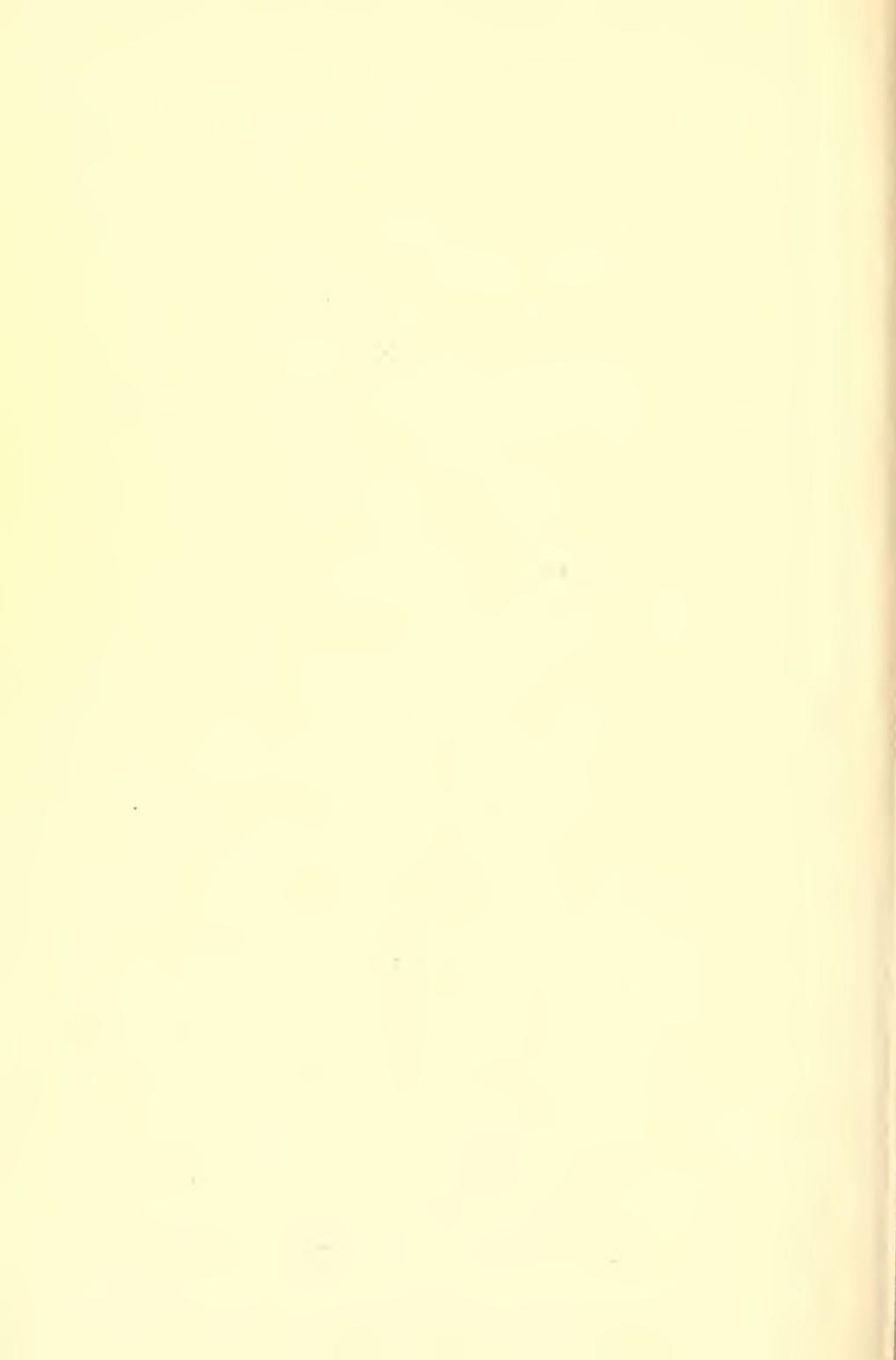
This exercise will take time, but it will undoubtedly enable many hours to be spent most usefully which would otherwise be practically lost.

Even after all the Psalms are mastered it is well to keep any one which specially appeals to you at a particular time, in your mind as long as you are able. This remark leads me to the second method of occupying the mind during the Divine Office ; that is, to fasten on one verse and keep it, as far as you are able, before your mind whilst reciting the whole of the Psalm.

Indeed, if one verse or one word give food for prayer it would be well to keep it in your mind for several Psalms, or during the whole Office.

Whatever it is that takes your heart to God and keeps it there, hold on to it with your whole strength ; and be sure that you have said your Office to great advantage. In any case, do not tie yourself down to the suggested thought or meaning if any other present itself which takes the soul to God. If that be secured nothing else matters.





AN EASY WAY  
TO USE THE PSALMS.

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**Beatus vir. Ps. 1.**

THE desire of the soul which has given herself to the religious life, avoiding both the counsel of the wicked and the way of sin, which is self-seeking,

And the seat of pestilence, which is a confirmed habit of sin, is that her will shall be with God, and that she occupy her heart with Him day and night.

She is so confirmed in her holy profession as to be like a tree planted by a brook of water ; and she shall offer her fruit to God in His good time. The brook is the fount of good example in community life, for the soul is always able to gain strength and encouragement from it.

The leaves which draw nourishment from the sun and the air, *i.e.*, from the warmth of God's consolations, and the freedom and constancy of His inspirations shall not fail : and whatever the soul does, relying on God, shall profit for life everlasting.

On the other hand, those who despise the life of religion, though they seem to succeed here, will profit nothing

BEATUS vir, qui non abiit in consilio impiorum, et in via peccatorum non stetit, et in cathedra pestilentiae non sedit;

Sed in lege Domini voluntas ejus, et in lege ejus meditabitur die ac nocte.

Et erit tamquam lignum, quod plantatum est secus decursus aquarum, quod fructum suum dabit in tempore suo.

Et folium ejus non defluet ; et omnia quæcumque faciet prosperabuntur.

Non sic impii, non sic ; sed tanquam

pulvis, quem pro-  
jicit ventus a facie  
terræ.

Ideo non resur-  
gent impii in judi-  
cio : neque pecca-  
tores in concilio  
justorum.

Quoniam novit  
Dominus viam jus-  
torum et iter im-  
piorum peribit.

before God, but the falseness of their ideals and aspirations will be exposed to the whole world at the last day.

In that day the light of God will make the hidden and despised life of a religious glorious before all.

As our Lord appreciates the life of perfection so He would have us grow in our love of it and our desire to attain to it with our whole hearts. In the last day the life of the sinner will be seen in its true light, and will be abhorred by all. May God grant me the greatest constancy in the holy vocation which He has given to me.

### **Quare fremuerunt gentes. Ps. 2.**

QUARE fremuerunt  
gentes, et populi  
meditati sunt in-  
ania ?

Astiterunt reges  
terræ, et principes  
convenerunt in unum,  
adversus Do-  
minum, et adver-  
sus Christum ejus.

Dirumpamus vin-  
cula eorum ; et pro-  
jiciamus a nobis  
jugum ipsorum.

Qui habitat in coe-  
lis, irridebit eos ;  
et Dominus subsan-  
nabit eos.

THE evil spirits are enraged at the religious life, and against Thee, my God, who lovest it. Their efforts shall be in vain, for Thou art the protection of those who seek to serve Thee in perfection.

There will ever be men who will be drawn by the devil to attack the life we have chosen, and Thee, our Lord, who hast chosen us to be Thy friends.

They put into men's minds all kinds of reasons for breaking up communities. They will attack the vows by which we take up Thy yoke, O my God.

We will not be dismayed, for Thou, our Lord, wilt laugh at all their efforts. We must all the more love our vocation, for Thou art surely on our side and wilt bring all the efforts of Thine enemies to naught.

Thou wilt show Thy anger against all who cast reproach upon the religious life, and they shall be greatly afflicted.

In Thy right as King and Lord of sanctity, Thou wilt found monuments of holiness. Thy reign is most glorious in the lives of Thy saints. Thou dost commit to them the office of proclaiming to an unbelieving world the peace and strength which Thy commandments bring to the heart.

Thy Father has promised Thee, O Lord, that the nation of devout souls shall belong to Thee.

And that they shall be Thy possession over the whole earth. There shall be no place in which is not found some soul serving Thee in holiness.

Thou wilt rule them and have Thy own way with them. Thy way with those who serve Thee is to flesh and blood a hard way, for Thou dost often make the soul to suffer much and to feel Thy chastening power.

The kings here who must attend to Thy will, O God, are the powers of my soul which must have command over my body and keep it in subjection to Thee.

The only safety for my soul is to serve Thee, my God, with a quiet fear, and to sing Thy praises with a loving care.

I must be faithful to my rule lest Thou be angry with me for my negligence, and I go from careless neglect to wilful sin, and perish from the way of the just.

Tunc loquetur ad eos in ira sua ; et in furore suo conturbabit eos.

Ego autem constitutus sum Rex ab eo super Sion montem sanctum ejus, prædicans præceptum ejus.

Dominus dixit ad me : Filius meus es tu, ego hodie genui te.

Postula a me, et dabo tibi gentes hæreditatem tuam, et possessionem tuam terminos terræ.

Reges eos in virga ferrea ; et tanquam vas figuli confringes eos.

Et nunc reges in telligite : erudimi-ni, qui judicatis terram.

Servite Domino in timore, et exultate ei cum tremore.

Apprehendite disciplinam, nequando irascatur Dominus ; et pereatis de via justa.

Cum exarserit in brevi ira ejus : beati omnes, qui confidunt in eo.

**DOMINE**, quid multiplicati sunt, qui tribulant me ! multi insurgunt adversum me.

Multi dicunt animæ meæ : Non est salus ipsi in Deo ejus.

Tu autem Domine susceptor meus es, gloria mea, et exaltans caput meum.

Voce mea ad Dominum clamavi : et exaudivit me de monte sancto suo.

Ego dormivi et soporatus sum : et exurrexi, quia Dominus suscepit me.

Non timebo millia populi circumdantis me : exurge Domine, salvum me fac Deus meus.

Quoniam tu percussisti omnes adversantes mihi sine causa : dentes peccatorum contrivisti.

Domini est salus : et super populum tuum benedictio tua.

### PSALM 3.

In the time of trial I will put all my trust in Thee, even though Thou appear angry with me.

**Domine, quid multiplicati sunt. Ps. 3.**

**O** LORD, how many dangers I have to face in my religious life ! How many temptations assail me !

The world whispers to me that I shall have nothing but trouble if I do not stand up for and seek myself. The world looks upon Thy servants as poor-spirited beings.

I know that Thou, my Lord, wilt take me up ; that my glory is in my likeness to Thee, and my boldness in my submission to Thee.

I cry to Thee to help me, and Thou hast heard me by giving me a strong desire to come to Thee.

Too long have I slept and been idle in my religious life, I will rise up with greater vigour, trusting in Thy support.

I will put aside all fear of what men can do against me. In Thy mercy arise, my Lord, and do Thou save me from myself and from the dangers which surround me.

Thou hast overcome so many difficulties which hindered me. Thou hast taken away the power of my enemy to hurt me.

Relief and strength come from Thee. Do Thou bless me, Lord, and those who are united with me in my community and in the whole Church.

**Cum invocarem. Ps. 4.**

**T**HOU, the God of my justice, art the good God who hast called me to the perfection of religious life. Thou art ever ready to help me, but especially when Thou bringest trouble upon me.

Have mercy on me: hear and pardon me when I acknowledge my failings before Thee.

Grant that I may be alert to attend to Thee, and not dull my heart with vanity and deceit.

By the glory Thou didst give to our Lord, Thy Son, after all His trials, hear me when I call upon Thee.

Knowing the failings of which I have been guilty, I will be angry and sin not, i.e., I will be angry with myself and be sorry for all my negligence.

I will offer to Thee once more the sacrifice of my vows which are the bonds of perfection; I will put all my trust in Thee, for Thou wilt be good to me and grant me the grace to keep firm to my promises. I will thank Thee for allowing me to make my vows to Thee in spite of what men say against them.

Thou hast signed upon me the light of Thy countenance by the call to religion, and in Thy mercy Thou hast given me the joy of serving Thee. Let that joy grow greater in my heart.

**CUM invocarem, ex-audavit me Deus justitiae meae, in tribulacione dilatasti mihi.**

Miserere mei, et exaudi orationem meam.

Filii hominum usquequo gravi corde? ut quid diligitis vanitatem, et quaeritis mendacium?

Et scitote quoniam mirificavit Dominus sanctum suum: Dominus exaudiet me, cum clamavero ad eum.

Irascimini et nolite peccare; quæ dicitis in cordibus vestris, in cubilibus vestris compungimini.

Sacrificate sacrificium justitiae, et sperate in Domino. Multi dicunt, Quis ostendit nobis bona?

Signatum est super nos lumen vultus tui Domine, dedisti lætitiam in corde meo.

A fructu frumenti,  
vini, et olei sui,  
multiplicati sunt.

In pace in idipsum  
dormiam in requie-  
escam.

Quoniam tu Do-  
mine singulariter in  
spe constitueristi me.

VERBA mea auribus  
percipe Domine :  
intellige clamorem  
meum.

Intende voci ora-  
tionis meæ, Rex  
meus et Deus meus.

Quoniam ad te  
orabo, Domine ma-  
ne exaudies vocem  
meam.

Mane astabo tibi  
et videbo ; quoni-  
am non Deus volens  
iniquitatem tu es.

Neque habitabit  
juxta te malignus,  
neque permanebunt  
injusti ante oculos  
tuos.

Odisti omnes qui  
operantur iniquita-  
tem : perdes omnes  
qui loquuntur men-  
daciun.

Virum sanguinum  
et dolosum abomi-  
nabitur Dominus :

The joy Thou givest me is beyond all  
the joys of earth.

Because Thou, my kind Lord, art so  
good to me and art always the self-  
same merciful Lord to me, I will take  
my rest and be at peace, both in my  
own heart and with all those who live  
with me.

For Thy call has given me hope that  
Thy kindness will continue to me all  
the days of my life.

#### **Verba mea. Ps. 5.**

**G**IVE ear to me, O Lord, and let me  
know that Thou hast heard my  
prayer.

Listen to me, for I desire to be Thy  
most faithful subject. Thou art my  
King and my God.

For I come to Thee in prayer in the  
morning before I engage in any work.  
I wish, O my Lord, to give Thee the  
first place in my thoughts.

Allow me, O my God, to stand be-  
fore Thee and in the light of Thy kind  
grace to see plainly how I may avoid  
all sin.

Thou wilt not let me stay near Thee,  
my God, if I seek myself and forget  
Thee. Nor can I dare to stand before  
Thy face whilst I refuse to give Thee  
the service Thou so justly askest of me.

I will strive to be very sincere in Thy  
sight, for Thou hatest a lie.

If I am careless of the life of my soul,  
and if I make any attempt to deceive  
Thee I know I shall be an abomination

to Thee. I can safely rely on many mercies and Thy kindness to me shown in so many ways.

Relying on Thy mercy I will go into choir, and I will adore Thee in the Holy Tabernacle, ever remembering the reverence I owe to Thee.

Lead me, Lord, to the perfection to which Thou hast called me, and let me walk always in Thy sight and according to Thy direction, for many enemies are ready to assail me.

They are not to be trusted ; they whisper lies to me. They try to raise in me a desire for what is worthless.

As an open grave sends forth noisome vapours, so the words spoken against religious perfection are abominable. They who use such words deceive themselves. Do Thou deal with them, O God.

May their devices fail. Let them be of no account, for by their conduct they have angered Thee, my Lord.

I, who long to be Thy friend, will put my hope in Thee, and beg Thee to make my service a service of joy.

I will glory in Thee, my God, and love Thy holy name.

Thou wilt bless me, for hast Thou not crowned me already, Lord, and made me Thine ? Thy goodness shall ever guard me.

ego autem in multitudine misericordiae tuæ.

Introibo in dominum tuam, adorabo ad templum sanctum tuum in timore tuo.

Domine deduc me in justitia tua, propter inimicos meos dirige in conspectu tuo viam meam.

Quoniam non est in ore eorum veritas : cor eorum vanum est.

Sepulchrum patens est guttura eorum ; linguis suis dolose agebant : judica illos Deus.

Decidant a cogitationibus suis ; secundum multitudinem impietatum eorum expelle eos, quoniam irritaverunt te Domine.

Et lætentur omnes, qui sperant in te ; in æternum exultabunt, et habitabis in eis.

Et gloriabuntur in te omnes, qui diligunt nomen tuum ; quoniam tu benedices justo.

Domine, ut scuto bonae voluntatis tuæ, coronasti nos.

**Domine, ne in furore tuo. Ps. 6.**

DOMINE, ne in  
furore tuo arguas  
me, neque in ira  
tua corripias me.

Miserere mei Domine, quoniam infirmus sum : sana me Domine, quoniam conturbata sunt ossa mea.

Et anima mea  
turbata est valde ;  
sed tu Domine usquequo ?

Converte Domine, et eripe animam meam : salvum me fac propter misericordiam tuam

Quoniam non est in morte, qui memor sit tui : in inferno autem quis confitebitur tibi ?

Laboravi in gemitu meo, lavabo per singulas noctes lectum meum, lacrymis meis stratum meum rigabo.

Turbatus est a furore oculus meus : inveteravi inter omnes inimicos meos.

Discedite a me omnes, qui operamini iniquitatem : quoniam exaudivit Dominus vocem fletus mei.

Exaudivit Dominus deprecatio-

THE thought of the sins by which I have offended Thee, my God, force me to call on Thee for mercy.

I will appeal to Thy mercy and encourage myself to bear all the pain Thou mayest put upon me.

I will also be ready to submit if Thou send me anguish of soul in temptation, but I will beg of Thee to quickly relieve me.

I will remember Thee at all times as my Saviour and my merciful Redeemer I will entreat Thee to snatch my soul from all infidelity.

If I leave Thee by sin I cannot give to Thee any of the things I have promised Thee.

At least, I will bewail my past sins and my many meannesses in Thy service.

I will bewail to Thee the blindness of my past life, and the long time I have held back in Thy service.

I must separate myself from all who work iniquity, for Thou, O Lord, hast heard the voice of my repentance.

Thou, my Lord, hast heard my cry

of supplication, and Thou hast let me approach Thee in prayer.

There is nothing but shame for me if I join myself any more to Thy enemies and mine.

nem meam : Dominus orationem meam suscepit.

Erubescant et conturbentur vehementer omnes inimici mei : convertantur et erubescant valde velociter.

### **Domine Deus meus. Ps. 7**

IN all the difficulties and trials of life I must hope for help from Thee, my God. By Thy power alone can I be secure.

If I trust in myself I shall become a prey to the evil one, and no one can save me.

O Lord my God, I have indeed sinned against Thee, and Thou hast found me prone to evil from my youth.

And Thou knowest that I have done evil to many. In Thy justice Thou mightest punish me, but I beg of Thee to spare me.

Whatever persecution from others Thou, O my God, dost will to inflict on me, yea, even loss of life and my good name, I am willing to suffer if it be to Thine honour.

Still I call upon Thee, O my God, to arise and help me, to free me from my enemies, and deliver me from the sins which oppress my soul.

DOMINE Deus meus, in te speravi : salvum me fac ex omnibus persequentiibus me, et libera me.

Nequando rapiat ut leo animam meam, dum non est qui redimat, neque qui salvum faciet.

Domine Deus meus, si feci istud, si est iniquitas in manibus meis ;

Si reddidi retrahuentibus mihi mala : decidam merito ab inimicis meis inanis.

Persequatur inimicus animam meam, et comprehendat et conculcat in terra vitam meam, et gloriam meam in pulverem ducat.

Exurge Domine in ira tua, et exaltare in finibus inimicorum meorum.

Et exurge Domine  
Deus meus in præ-  
cepto, quod man-  
dasti, et synagoga  
populorum circum-  
dabit te.

Et propter hanc  
in altum regredere,  
Dominus judicat  
populos.

Judica me Domine  
secundum justitiam  
meam ; et secun-  
dum innocentiam  
meam super me.

Consumetur ne-  
quitia peccatorum,  
et diriges justum ;  
scrutans corda et  
renes Deus.

Justum adjuto-  
rium meum a Do-  
mino ; qui salvos  
facit rectos corde.

Deus judex jus-  
tus, fortis, et pa-  
tiens ; numquid ir-  
ascitur per singulos  
dies ?

Nisi conversi fue-  
ritis, gladium su-  
um vibrabit ; ar-  
cum suum tetendit,  
et paravit illum.

Et in eo paravit  
vasa mortis ; sagit-  
tas suas ardentibus  
effecit

Ecce parturiit in-  
justitiam ; conce-  
pit dolorem, et pe-  
perit iniquitatem.

I need Thy help, O my God, to be faithful to Thy commands in holy religion. Do Thou help me and grant that Thy friends, my companions may be an assistance to me.

For the sake of the saints Thou art in heaven. Grant that I may follow them in their fidelity to Thee here, and be ready to stand with confidence before Thee when Thou judgest the world.

I rely, not on myself, but on the justice Thou hast promised me, and on the simplicity of my service. I long to be innocent in Thy eyes.

Thou, who knowest all hearts, lead me that I may be just in Thy sight. Search into my heart, Lord, and cleanse it from all stain of sin.

Thy justice will be satisfied if Thou wilt look upon Thy Son who has chosen me and who protects me. He will make my heart upright before Thee.

How patient Thou hast been with my waywardness in the past ! Grant that I may appease Thy just anger by my generous care in the future.

If I be not converted to Thee there is nothing before me but trouble, and I must expect to incur Thy wrath.

My carelessness may easily lead to greater sin, and bring sorrow and anxiety upon me.

The impious shall bring forth works that rob Thee of what is Thine, but sorrow and sin shall follow the forgetfulness of Thee.

Their works done without Thee shall be a pit into which they themselves shall fall.

In Thy justice bring sorrow upon the impious who strive against Thee and against the perfection which Thou demandest from Thy servants.

Grant that I may give Thee praise by my love of Thy will and by my serious attempt to follow the call to perfection which Thou hast given me, and in Thy mercy let me continue to sing Thy praises here and hereafter.

**Domine, Dominus noster. Ps. 8.**

**M**Y God, how great and glorious art Thou in the whole earth ! Would that I could appreciate Thy glory.

Oh, would that I could understand the wonders of Thy dealing with Thy saints !

O God ! make me simple in Thy sight that my praise may be perfect before Thee. Grant that I may make some little reparation to Thee for all the injury the enemy of souls attempts to inflict on Thee.

I will praise Thee for all Thy beauty manifested over the whole universe. Grant that my eyes may be open to see all Thy goodness.

I am so worthless, how canst Thou, my God, think of me ? How canst Thou deign to visit me ?

As I came from Thee I was only a little lower than the angels. Oh ! how far have my sins removed me from

Lacum aperuit, et effodit eum ; et incidit in foveam, quam fecit.

Convertetur dolor ejus in caput ejus ; et in verticem ipsius iniqüitas ejus descendet.

Confitebor Domino secundum iustitiam ejus : et psallam nomini Domini altissimi.

**D**OMINE Dominus noster, quam admirabile est nomen tuum in universa terra.

Quoniam elevata est magnificentia tua super cœlos

Ex ore infantium et lactentium perfecisti laudem propter inimicos tuos ; ut destruas inimum et ultorem.

Quoniam videbo cœlos tuos, opera digitorum tuorum, lunam et stellas, quæ tu fundasti.

Quid est homo, quod memor es ejus ? aut filius hominis, quoniam visitas eum ?

Minuisti eum paulo minus ab Angelis ; gloria et honore coronasti

eum; et constituisti eum super opera manuum tuarum.

Omnia subjecisti sub pedibus ejus; oves et boves universas insuper et pecora campi.

Volucres coeli, et pisces maris, qui perambulant semitas maris.

Domine Dominus noster, quam admirabile est nomen tuum in universa terra.

**CONFITEBOR** tibi Domine in toto corde meo; narrabo omnia mirabilia tua.

Lætabor et exultabo in te; psalam nomini tuo Altissime.

In convertendo inimicum meum retrorsum; infirmitabuntur et peribunt a facie tua.

Quoniam fecisti judicium meum et causam meum, se disti super thronum, qui judicas justitiam.

Increpasti gentes, et periit impius; nomen eorum delesti in æternum, et in sæculum sæculi.

Thee! The glory and honour that Thou hast made me capable of giving to Thee Thou Thyself must help me to remember.

Thou, O my God, hast given me the power of subjecting all my being to Thee.

In the force of my union with Thee all things are in my power. I will praise Thee and rejoice in Thee, O Lord, for ever and ever.

O Lord, my Lord! how admirable art Thou! How worthy of praise and honour is Thy holy name in the whole earth!

### **Confitebor tibi Domine. Ps. 9.**

**I** WILL give my whole-hearted praise to Thee, O my Lord, I will busy myself with Thy works and Thy interests.

O Thou Most High God! I will be glad and rejoice in Thee, and willingly join the choir in singing Thy praises.

The enemy who tempts me and tries to rob my soul of joy shall be driven away and shall perish before Thy face, O God my Protector.

For I will commit my cause to Thee who judgest my intentions. Grant, O Lord, that I may keep firmly my intention to follow Thee in the way of perfection.

Thou hast so often brought my enemy to nought that from mere experience I am forced to trust Thee.

They who fight against Thee have so often failed in the past, and Thou hast destroyed their works.

I have been able to forget their very existence, but do Thou, Lord, grant me the grace never to forget Thee.

Thou, my merciful God, wilt judge me with justice, for Thou wilt have regard to my weakness.

And though Thou art my Judge I can trust Thee, because Thou art my helper and my refuge in all my needs. I come to Thee as one so poor that I can do nothing for myself.

I will trust Thee, for Thou hast shown Thy kindness to me, allowing me to call Thee mine. Seeking Thee, let me always find Thee, O Lord.

I will sing to Thy name, and strive to make known Thy ways by my prayers and my faithful service.

The trials of Thy friends are always before Thee. Thou dost not turn aside from the cry of the poor in heart.

Have mercy on me, O Lord ! look upon the humiliations that are put upon me because I try to serve Thee, and do Thou give me strength to bear them.

O my God, Thou that liftest me up from the gates of death, in Thy mercy allow me to make known Thy praises in the holy choir, the gate of heaven.

Inimici defec-  
runt frameæ in fi-  
nem ; et civitates  
eorum destruxisti.

Periit memoria  
eorum cum sonitu :  
et Dominus in  
æternum perma-  
net.

Paravit in judicio  
thronum suum ; et  
ipse judicabit or-  
bem terræ in æquita-  
tate ; judicabit po-  
pulos in justitia.

Et factus est Do-  
minus refugium  
pauperi ; adjutor in  
opportunitatibus,  
in tribulatione.

Et sperent in te  
qui noverunt no-  
men tuum ; quoniam  
non dereli-  
quisti quærentes  
te Domine.

Psallite Domino,  
qui habitat in Sion ;  
annuntiate inter  
gentes studia ejus.

Quoniam requi-  
rens sanguinem  
eorum recordatus  
est ; non est oblitus  
clamorem paupe-  
rum.

Miserere mei Do-  
mine ; vide humili-  
tatem meam de  
inimicis meis.

Qui exaltas me  
de portis mortis ;  
ut annuntiem om-  
nes laudationes  
tuas in portis filiæ  
Sion.

Exultabo in salutari tuo: infixæ sunt gentes in interitu, quem fecerunt.

In laqueo isto, quem absconderunt, comprehensus est pes eorum.

Cognoscetur Dominus judicia faciens; in operibus manuum suarum comprehensus est peccator.

Convertantur peccatores in infernum; omnes gentes, quæ oblidiscuntur Deum.

Quoniam non in finem oblivio erit pauperis; patientia pauperum non peribit in finem.

**EXURGE** Domine, non confortetur homo; judicentur gentes in conspectu tuo.

Constitue Domine legislatorem super eos; ut sciант gentes, quoniam homines sunt.

Ut quid Domine recessisti longe; despicis in opportunitatibus, in tribulatione?

Dum superbit impius, incenditur pauper; comprehenduntur in consiliis, quibus cogitant.

Give me joy in Thy salvation, *i.e.*, in the life and example of Thy Son, and thus my foot shall not fall into the snare.

Grant that I be not a hindrance to any soul.

Thou shalt be the judge of all hearts. No deceit shall be hidden from Thee.

It is my duty to bear Thee in mind now, that I may never be forgetful of Thee.

As I am poor and needy Thou wilt not forget me. Give me patience to wait Thy time and trust Thee to the last.

#### **Division of Ps. 9 in Benedictine Breviary.**

**A**RISE, O Lord! let not human nature prevail in me, but make me subject to Thy law and Thy kind providence at all times.

I will thank Thee for Thy law which constrains me. I will remember that I am Thy creature and Thy child.

When I trust myself Thou dost retire from me, and dost seem to leave me alone in my trouble.

The pride of the impious is a grievous affliction of the poor. The counsels of the proud ever seek to bring destruction on Thy friends.

The praise of the world is given to Thy enemies, O God ; and its blessings are poured out on those who work iniquity. Grant that I do not seek such praise and blessing.

The sinner has provoked Thee, O Lord. Allow me not to blind myself by passion so that I seek Thee not in Thy works.

Grant, Lord, that I may always keep Thee before my eyes that my life may not become worthless in Thy sight.

I will keep before me the thought of Thy certain judgment, and remember to be kind and merciful to others that Thou mayest be kind to me.

Let me not rely on my own strength, thinking I can be free from sin by my own power.

Unless Thou, O Lord, help me there is no depth of sin to which I may not sink. My words will be full of bitterness, and sorrow will come upon me.

If I have been a stumbling-block to others I know not what evil I may have done ; do Thou pardon me.

The enemy of my soul is always watching me and striving to take me from Thee.

For the attraction of evil is great because of my weakness. Do Thou, O Lord, strongly draw me to Thee.

Quoniam laudatur peccator in desideriis animæ suæ ; et iniquus benedicitur

Exacerbavit Dominum peccator : secundum multitudinem iræ suæ non quæreret.

Non est Deus in conspectu ejus ; inquinatæ sunt viæ illius in omni tempore.

Auferuntur judicia tua a facie ejus : omnium inimicorum suorum dominabitur.

Dixit enim in corde suo : Non movebor a generatione in generationem sine malo.

Cujus maledictione os plenum est, et amaritudine et dolo ; sub lingua ejus labor et dolor.

Sedet in insidiis cum divitibus in occultis, ut interficiat innocentem.

Oculi ejus in pauperem respiciunt ; insidiatur in abscondito, quasi leo in spelunca sua.

Insidiatur, ut rapiat pauperem ; rapere pauperem, dum attrahit eum.

In laqueo suo  
humiliabit eum .  
inclinabit se et  
cadet, cum domin-  
natus, fuerit pau-  
perum.

Dixit enim in  
corde suo : Oblis-  
tus est Deus ; aver-  
tit faciem suam,  
ne videat in finem.

Exurge, Domine  
Deus, exaltetur  
manus tua . ne  
obliviscaris paupe-  
rum.

Propter quid ir-  
ritavit impius  
Deum ? dixit enim  
in corde suo : Non  
requiret.

Vides, quoniam  
tu laborem et  
dolorem conside-  
ras. ut tradas eos  
in manus tuas

Tibi derelictus  
est pauper : orpha-  
no tu eris adjutor.

Contere brachium  
peccatoris et ma-  
ligni : quæretur  
peccatum illius et  
non invenietur

Dominus regna-  
bit in æternum,  
et in sæculum  
sæculi : peribitis  
gentes de terra  
illius.

Desiderium pau-  
perum exaudivit  
Dominus . præ-  
parationem cordis  
eorum audivit  
auris tua.

The devil will take constant pains to  
ruin my soul. I must be always on the  
watch.

In my trial he suggests to me that  
Thou, my God, hast abandoned me.

Arise, O Lord ! forget me not though  
I am poor and worthless.

I will not be as the wicked to pro-  
voke Thee ; I will never doubt of Thy  
kind providence for me.

Thou seest, O Lord, the efforts I have  
made ; though they are weak they are  
sincere, and I have always sorrowed  
for my sin. In Thy mercy towards me  
Thou shalt overcome the evil one  
again.

Whilst I am poor I am Thine ; and  
when I am an orphan Thou shalt be  
my helper.

Exert Thy power, O Lord, and  
nothing shall remain of all the designs  
of the devil. Blot out my sin that  
there be no trace of it in my soul.

Thou, Lord, shalt reign in my heart  
for ever, and all that is not Thine shall  
perish from my mind.

Thou hast heard the desire of my  
poor soul, O my Lord. Thine ear hath  
listened for and been interested in the  
preparations I have made that I may  
come to Thee in prayer.

I can safely commit my cause to Thee. I am but a little one in Thy sight ; I am fatherless if Thou do not help me. Grant that I take no praise to myself, but give all that I have to Thee.

Judicare pupillo et humili ; ut non apponat ultra magnificare se homo super terram.

**In Domino confido. Ps. 10.**

**I** TRUST in Thee, O God ! and no one shall disturb me. I will not fly away from Thee, how much soever the tempter shall try to persuade me to leave Thee.

He truly recounts the dangers I have to meet in drawing near to Thee.

The forces of evil have done much to destroy what the saints have built up so that it may seem as if there were nothing that I could hope to do for Thee.

I will come to Thee in choir. I will stand before Thee present in the Most Blessed Sacrament.

Thy eyes will look kindly upon me, O Lord, because I am poor and unable to do anything without Thee.

I will remember Thy judgment which is to come. I will strive to drive away from me all sin and all false love of self which will make me a traitor to my own soul.

IN Domino confido; quomodo dicitis animæ meæ : Transmigra in montem sicut passer ?

Quoniam ecce peccatores intenderunt arcum, paraverunt sagittas suas in pharetra, ut sagittent in obscuro rectos corde.

Quoniam, quæ perfecisti, destruxerunt : justus autem quid fecit ?

Dominus in templo sancto suo, Dominus in cœlo sedes ejus ;

Oculi ejus in pauperem respiciunt, palpebræ ejus interrogant filios hominum.

Dominus interroget justum et impium : qui autem diligit iniquitatem, odit animam suam.

Pluet super peccatores laqueos : ignis, et sulphur, et spiritus procellarum pars calicis eorum.

Quoniam justus Dominus, et justitias dilexit ; æquitatem vedit vultus ejus.

**SALVUM** me fac Domine, quoniam defecit sanctus, quoniam diminutæ sunt veritates a filiis hominum.

Vana locuti sunt unusquisque ad proximum suum : labia dolosa, in corde et corde locuti sunt.

Disperdat Dominus universa labia dolosa, et linguam magniloquam.

Qui dixerunt : Lingua nostram magnificabimus, labia nostra a nobis sunt, quis noster Dominus est ?

Propter miseriam inopum, et gemitum pauperum, nunc exurgam, dicit Dominus.

Ponam in salutari, fiducialiter agam in eo.

Thus only shall I escape Thine anger.

Thou art just and wilt love me if I keep Thy word ; Thy face shall rejoice my heart when I am in Thy grace. Make me, Lord, to be a delight to Thee.

**Salvum me fac, Domine. Ps. 11.**

**S**AVE me, O Lord ! for there is no one whom I can wholly trust except Thee. Thy words are always true.

There is vanity and deceit around me. There is one meaning on the lips and another in the heart.

O my Lord ! guard me from this deceit, and from the pride which will make me boastful. Only in humility and subjection to Thee can I hope for security.

I will return Thee all the praise that is given to me. Let me never forget that Thou art all in all to me, my Lord and my God.

If I own my weakness and come before Thee as one needy and poor Thou wilt surely help me.

Thou wilt arise in Thy strength and in Thy power Thou wilt bring me to Thee in safety, and Thou wilt do Thy will in me without hindrance.

Thy words, O Lord ! I can trust, for they are pure words as silver purified seven times. Thy words are always precious to my soul.

I will be confident that Thou wilt preserve me from vanity and deceit for ever.

Though the wicked may try their utmost to hinder me I will trust in Thy kindness that I may be added to the multitude of Thy servants which is ever increasing on the earth.

**Usquequo, Domine. Ps. 12.**

**H**OW long, O Lord, wilt Thou forget me ? Thou dost seem to forget me when Thou allowest me to fall into some humiliating fault. Then it seems to me that Thou hast turned away Thy face from me.

Then I turn into myself and have sorrow in my heart all the day.

Then my enemy seems to have me in his power. But I will cry to Thee, O Lord ! Cast Thine eyes upon me and hear me.

Enlighten my eyes that I be ever on the watch ; let me not fall into the sleep which is the death of the soul, lest my enemy say that he has indeed prevailed against me.

Eloquia Domini, eloquia casta, argentum igne examinatum, probatum terræ, purgatum septuplum.

Tu Domine servabis nos, et custodies nos, a generatione hac in æternum.

In circuitu impii ambulant : secundum altitudinem tuam multiplicasti filios hominum

USQUEQUO Domine oblisceris me in finem ? usquequo avertis faciem tuam a me ?

Quamdiu ponam consilia in anima mea, dolorem in corde meo per diem ?

Usquequo exaltabitur inimicus meus super me ? respice et exaudi me, Domine Deus meus.

Illumina oculos meos, ne unquam obdormiam in morte, nequando dicat inimicus meus : Prævaluí adversus eum.

Qui tribulant me,  
exultabunt, si motus fuero ; ego autem in misericordia tua speravi.

Exultabit cor meum in salutari tuo,  
cantabo Domino qui bona tribuit mihi, et psallam nomini Domini altissimi.

DIXIT insipiens in corde suo : Non est Deus.

Corrupti sunt et abominabiles facti sunt in studiis suis : non est qui faciat bonum, non est usque ad unum.

Dominus de cœlo prospexit super filios hominum, ut videat si est intelligens aut requires Deum.

Omnis declinaverunt, simul inutiles facti sunt : non est qui faciat bonum, non est usque ad unum.

Sepulchrum patens est guttur eorum, linguis suis dolose agebant, venenum aspidum sub labiis eorum.

If I be moved from my firm trust in Thee the evil one will rejoice over me ; but my hope is in Thy mercy. Do Thou, my God, in Thy great mercy preserve me from sinning against Thee.

Fill my heart with joy, and make me ever ready to sing to Thee who art so good to me. I will sing to Thy name, O my God ! My own Lord, in whom I place all my trust !

#### **Dixit insipiens. Ps. 13.**

**O** MY God ! how vain and foolish will be my life if I forget Thee, and live as if Thou wert not ! Let me ever live in Thy presence.

If I forget Thee, O my God, my ways will speedily become an abomination to Thee ; I shall fail to see the good there is in the lives of my brethren, and I shall take low views in my life. I shall not do the good Thou willest me to do.

I will remember that Thou art ever looking upon me to see if I am trying to appreciate Thee in my life, and seeking to follow Thy will, O my God.

I confess to Thee that I am very worthless. I do no good with all my advantages.

How much I offend Thee in my words ! How often I am careless about truth ! How bitter in my thoughts about my companions !

How full of exaggeration in blaming !  
How careless I am of the good name  
of those who offend me !

I shall be filled with sorrow and  
there will be no peace in my life unless  
I live constantly in Thy presence.  
O my God, give me a filial fear of  
offending Thee.

Unless I live in Thy presence I shall  
persuade myself that there is no  
punishment for my sins, and so grow  
worse and worse in Thy sight.

Peace will leave me, and I shall be  
full of the fear of men and be ashamed  
to act courageously in Thy service,  
whilst there is no true cause of fear.

Thou art ever ready to help all who  
do Thy will. However the forces of  
evil strive to disturb me, I will put  
my trust in Thee. Thou art my hope.

Where am I to look for safety but to  
Thee, O my Lord, the salvation of all  
who turn to Thee ? When all my  
trouble is passed I will rejoice and be  
glad in Thee for ever.

#### **Domine, quis habitabit. Ps. 14.**

O LORD, who am I that Thou hast  
called me to dwell in Thy taber-  
nacle, and on the holy hill of religious  
perfection ?

How pure I should be in Thy sight  
and with what earnestness should I

Quorum os male-  
dictione et amari-  
tudine plenum est,  
veloces pedes eo-  
rum ad effunden-  
dum sanguinem.

Contritio et in-  
felicitas in viis eo-  
rum, et viam pacis  
non cognoverunt ;  
non est timor Dei  
ante oculos eorum.

Nonne cognos-  
cent omnes qui  
operantur iniqui-  
tatem, qui devo-  
rant plebem meam  
sicut escam panis ?

Dominum non  
invocaverunt : illic  
trepidaverunt tim-  
ore ubi non erat  
timor.

Quoniam Domini-  
nus in generatione  
justa est : consili-  
um inopis confudi-  
stis ; quoniam Do-  
minus spes ejus  
est.

Quis dabit ex  
Sion salutare Is-  
rael ? cum averterit  
Dominus captivita-  
tem plebis suæ,  
exultabit Jacob et  
lætabitur Israel.

DOMINE, quis ha-  
bitabit in taberna-  
culo tuo ? aut quis  
requiescat in mon-  
te sancto tuo ?

Qui ingreditur  
sine macula, et

operatorum justitiam.

Qui loquitur veritatem in corde suo, qui non egit dolum in lingua sua.

Nec fecit proximo suo malum, et opprobrium non accepit adversus proximos suos.

Ad nihilum deductus est in conspectu ejus malignus : timentes autem Dominum glorificat.

Qui jurat proximo suo, et non decipit, qui pecuniam suam non dedit ad usuram, et munera super innocentem non accepit.

Qui facit haec, non movebitur in aeternum.

**CONSERVA** me, Domine, quoniam speravi in te ; dixi Domino : Deus meus es tu, quoniam bonorum meorum non eges.

Sanctis qui sunt in terra ejus, mirificavit omnes voluntates meas in eis.

run in the way of perfection ! This is demanded by Thy justice, O my God !

Make me, O Lord, sincere in heart and careful about truth in my words.

Help me to be on my guard in word and deed that I do no injury to my neighbour. Let me beware of either casting on him any unjust blame, or of listening to uncharitable tongues which speak against him.

Thou seest all the evil that I may so easily fall into ; Thou wilt honour me if I fear to offend Thee.

I will strive to be without deceit ; I will keep my word to my neighbour with great exactness ; I will try to be open and just in all my dealings and I will stand up for the innocent.

Do Thou in Thy mercy, Lord, give me the grace to stand firm and not be moved from Thy love for ever.

#### **Conserua me. Domine. Ps. 15.**

**K**EEP me constant, Lord, in my religious life, for I have surrendered myself to Thee and put my trust in Thee.

In my profession I have said to Thee, "Thou art my God" ; Thou hast no need of me. I can do nothing for Thee, still, Thou canst use me according to Thy will.

Thou hast made manifest to me by the example of Thy saints that all the sanctity I can desire is within my reach if I put all my confidence in Thee.

Evils are multiplied on those who trust in any help but Thine. All such will haste to destruction.

Preserve me, O my God, from following their example or uttering one word in their praise.

Thou, my Lord, art the portion of my inheritance and the source of all my joy. Thou wilt give me the reward Thou hast promised if only I am faithful to Thee. Thou hast given me a choice spot to dwell in. Grant that I may always hold in great esteem the religious life to which Thou hast called me.

O my Lord, I will bless Thee, for Thou hast put into my heart the desire to know Thee and Thy goodness. I will bless Thee also for the restraints of religious life. These shall help me to keep my flesh in control.

I will try to live always in Thy presence, for I know Thou art ever near me to help me to be firm in my purpose.

Because Thou art so near to me my heart is glad, and my tongue has rejoiced to sing Thy praises. My body shall not disturb my hope.

Multiplicatae sunt infirmitates eorum; postea acceleraverunt.

Non congregabo conventicula eorum de sanguinibus, nec memor ero nominum eorum per labia mea.

Dominus pars hæreditatis meæ et calicis mei ; tu es qui restitues hæreditatem meam mihi

Funes ceciderunt mihi in præclaris : etenim hæreditas mea præclara est mihi.

Benedicam Dominum, qui triluit mihi intellectum : insuper et usque ad noctem increpuerunt me renes mei.

Providebam Dominum in conspectu meo semper ; quoniam a dextris est mihi, ne commovear.

Propter hoc lætatum est cor meum, et exultavit lingua mea : insuper et caro mea requiescat in spe.

Quoniam non derelinques animam meam in inferno, nec dabis sanctum tuum videre corruptionem.

Notas mihi fecisti vias vitæ; adimplebis me lætitia cum vultu tuo; delectationes in dextera tua usque in finem.

**EXAUDI** Domine justitiam meam: intende deprecationem meam.

Auribus percipe orationem meam: non in labiis dolosis.

De vultu tuo judicium meum prodeat: oculi tui videant æquitates.

Probasti cor meum, et visitasti nocte; igne me examinasti, et non est inventa in me iniquitas.

Ut non loquatur os meum opera hominum: propter verba labiorum tuorum ego custodivi vias duras.

My body shall rise again to enjoy Thee, for Thou, Lord Jesus, hast promised to raise me from the dead as Thou didst raise Thy own blessed body on the third day.

The way of life Thou hast made known to me in the life of my Lord. I will wait patiently for the joy of seeing Thee face to face. Keep near me, Lord, and my life shall be full of joy, and thus may I spread abroad Thy joy in other hearts.

### **Exaudi, Domine. Ps. 16.**

**GIVE** ear, O God, to the petition of Thy Son, our Lord Jesus. He it is who has done Thy will most perfectly, and has fulfilled all justice. He has graciously allowed me to be His associate, and as such I now cry to Thee.

Hear my prayer, for I long to speak to Thee without any deceit.

I will trust Thy judgment, for I know Thou wilt be kind to me for the sake of Thy Son in whom I trust.

Thou hast chosen my heart as Thy dwelling-place. Oh! make it more worthy of Thee. How kind Thou hast been to me! Thou hast visited me with trials, especially the trials of religious life. In Thy strength I will strive to be without sin before Thee.

Thou hast called me to separate myself from the ways of men, and for the sake of Thy words calling me I have taken up the small hardships of the monastic life.

Let me grow in perfection in Thine own time. Help me to keep the way Thou hast marked out for me.

I have besought Thee to hear me, and Thou hast graciously listened to me. Bend down Thine ear to me still, O my God !

Thy mercies to me are all the more wonderful, because I am so lowly in Thy service. My only hope is my firm trust in Thee.

Keep me as the apple of Thine eye quite close to Thee, O Lord, that I may never resist thy will.

Guard me from all danger as if under the shadow of Thy wings. Protect me from all evils which bring nothing but sorrow. My soul is surrounded by many enemies.

I can hope for no kindness from the world. I shall only be injured by the proud words I may hear against Thee.

The world has no care for me. The desires of the world are earthly. I beg of Thee to keep my eyes fixed on Thee.

The world is ever on the watch to ruin my religious life, both openly and in secret.

Arise, O Lord ! Prevent any harm coming to me, and do Thou show Thy power over the world and the evil one.

Perfice gressus  
meos in semitis  
tuis ut non mo-  
veantur vestigia  
mea.

Ego clamavi, quo-  
niam exaudisti me  
Deus : inclina au-  
rem tuam mihi, et  
exaudi verba mea.

Mirifica misericor-  
dias, tuas qui salvos  
facis sperantes in  
te.

A resistentibus  
dexteræ tuæ custo-  
di me ut pupillam  
oculi.

Sub umbra ala-  
rum tuarum pro-  
tege me : a facie  
impiorum, qui me  
afflixerunt.

Inimici mei ani-  
mam meam cir-  
cumdederunt : adi-  
pem suum conclu-  
serunt : os eorum  
locutum est super-  
biam.

Projicientes me  
nunc circumde-  
drent me : oculos  
suos statuerunt de-  
clinare in terram.

Suscepserunt me  
sicut leo paratus  
ad prædam : et  
sicut catulus leonis  
habitans in abditis.

Exurge Domine,  
præveni eum, et  
supplanta eum :

eripe animam meam ab impio : frameam tuam ab inimicis manus tuæ.

Domine a paucis de terra divide eos in vita eorum : de absconditis tuis adimplenus est venter eorum.

Saturati sunt filii ; et dimiserunt reliquias suas parvulis suis.

Ego autem in justitia apparebo conspectui tuo : satiabor, cum apparuerit gloria tua.

DILIGAM te Domine fortitudo mea : Dominus firmamentum meum, et refugium meum, et liberator meus.

Deus meus adjutor meus : et sperabo in eum.

Protector meus, et cornu salutis meæ, et susceptor meus.

Laudans invoco Dominum ; et ab inimicis meis salvus ero.

Take away from them all the power they have for evil. They are indeed Thine enemies.

Keep the few who truly serve Thee safe from all who follow worldly ways, and who spend their days in feasting.

They consider only what they can gather to leave to their children.

I long to be in Thy sight, clothed in the justice of my Lord's life. I ask not for my full joy till I shall see Thy glory face to face.

### **Diligam te Domine. Ps. 17.**

**M**Y love shall be fixed on Thee, my God, for Thou art my only strength, enabling me to persevere in the vocation Thou hast given me. Thou surroundest me as a firmament. Thou art my refuge in all the trials of life, my protection in all temptation.

Thou art always at my side to help me. I will place all my hope in Thee.

Thou art my protector, and in the Holy Sacrament of the Altar the horn of my salvation. I will run to Thee when in difficulty, for I know that in Thy kindness Thou wilt receive me.

In the Office, the work of praise, I will call upon Thee. Thou wilt surely be my Saviour from all the enemies of my soul.

The dangers that encompass me are very many. There is the danger of sin which is the death of my soul. There is the fierce torrent of my passions.

The temptations of hell are about me, seeking to shake my trust in Thee, and the incitements of pleasure will ensnare me if I be not on my guard.

In all my trouble and danger I will call upon Thee. I will continue to beseech Thee not to abandon me, O my God.

Thou wilt always listen to me in the holy Office when I am attentive to Thee in choir, for Thine ears are open to hear of my affliction, and Thy heart longs to help me.

What shall earth avail if Thou, O Lord, wilt only assist me? For by Thy grace the forces of evil, whether they be from my own nature or from the enemy of souls, shall not be able to stand against Thine anger.

Thou wilt make all hindrances to melt away before Thy face. Thou wilt reduce them to ashes.

Thou didst bow the heavens and come down amongst us, and Thou didst show me in Thy life how Thou dost desire me to walk; and yet Thy ways are so often obscure to me, but Thou willest me to walk in the obscurity of faith, relying on nothing but Thy words, O my God.

Thou dost call me to follow Thee in Thy sublime prayer so far above all the

Circumdederunt  
me dolores mortis :  
et torrentes iniqui-  
tatis conturbave-  
runt me.

Dolores inferni cir-  
cumdederunt me :  
præoccupaverunt  
me laquei mortis.

In tribulacione  
mea invocavi Do-  
minum : et ad De-  
um meum clamavi.

Et exaudivit de  
templo sancto suo  
vocem meam : et  
clamor meus in  
conspicte ejus in-  
troivit in aures  
ejus.

Commota est et  
contremuit terra ;  
fundamenta mon-  
tium conturbata  
sunt et commota  
sunt : quoniam ira-  
tus est eis.

Ascendit funius in  
ira ejus ; et ignis  
a facie ejus exar-  
sit : carbones suc-  
censi sunt ab eo.

Inclinavit cœlos,  
et descendit : et  
caligo sub pedibus  
ejus.

Et ascendit super  
Cherubim, et vol-  
avit : volavit su-

per pennis ven  
torum.

Et posuit tenebras  
latibulum suum :  
in circuitu ejus ta  
bernaculum ejus :  
tenebrosa aqua in  
nubibus aeris.

Præ fulgore in  
conspictu ejus nu  
bes transierunt :  
grando et carbones  
ignis.

Et intonuit de  
cœlo Dominus ; et  
Altissimus dedit vo  
cem suam : grando  
et carbones ignis.

Et misit sagittas  
suas, et dissipavit  
eos : fulgura mul  
tiplicavit, et con  
turbavit eos.

Et apparuerunt  
fontes aquarum, et  
revelata sunt fun  
damenta orbis ter  
rarum.

Ab increpatione  
tua, Domine, ab  
inspiratione spiritus  
iraæ tuaæ.

Misit de summo,  
et accepit me, et  
assumpsit me de  
aquis multis.

Eripuit me de ini  
micis meis fortissi  
mis ; et ab iis, qui  
oderunt me : quo  
nam confortati  
sunt super me.

choirs of angels, and above all the  
varying breezes of earthly desires.

Thou, my Lord, desirest me to come  
to Thee by faith, especially in the  
religious life, and in the prayer which  
seems to be answered so little.

I believe, Lord, that Thou art all  
light, and that the darkness of my  
present way will be dissipated by Thee  
in Thine own time, though there may  
be much for me to bear before I see  
Thy face.

Now, O Lord, if it be Thy will let  
the clouds pass that the brightness  
around Thee may rejoice my heart.  
Let me hear Thy voice in my heart that  
I may be encouraged to persevere.

Do Thou as a strong warrior drive  
away all my enemies.

And as, when Thy people were in  
great distress in the Red Sea, Thou  
didst make the waters to stand apart,  
and didst show them a road by which  
they might escape, so do Thou now  
have care of me and lead me as Thou  
wilt.

Come to me, O my God, and take  
care of me ; receive me from the many  
waters of my trials and tribulations.

Deliver me from my strongest ene  
mies who hate me. Deliver me from  
myself, for I have hated my own soul  
by seeking myself in preference to  
Thee.

After many falls, owing to my putting hindrances in Thy way, Thou hast become my protector. Thou hast shown Thy kindness in so many ways.

Thou hast brought me into an open space, *i.e.*, into the free air of religion, and hast saved me from the world, because Thou wast well pleased with me, for I have determined to stay near Thy Son in whom Thou art well pleased.

Thou hast given me many graces to urge me to seek perfection. Thy Son desires to share His justice with me and to fill the hands He has washed clean for me with His most precious graces.

Grant that I may keep Thy ways, O my Lord, and avoid all sin against Thee.

I will not forget that Thou wilt surely judge me, and I will keep all Thy commands before my eyes. The perfect life of Thy Son I will not put away from me as if it did not concern me.

In Thy company and by Thy grace I may hope to keep my soul free from sin.

Thou, O Lord, wilt reward me according to the fidelity of my service which Thou so justly demandest of me. If I keep my heart clean before Thee Thou, my God, wilt be good to me.

Praevenient me  
in die afflictionis  
meæ, et factus est  
Dominus protector  
meus.

Et eduxit me in  
latitudinem : sal-  
vum me fecit, quo-  
niā voluit me.

Et retribuet mihi  
Dominus secun-  
dum justitiam me-  
am : et secundum  
puritatem manuum  
mearum retribuet  
mihi.

Quia custodivi  
vias Domini : nec  
impie gessi a Deo  
meo.

Quoniam omnia  
judicia ejus in con-  
spectu meo : et  
justicias ejus non  
repuli a me.

Et ero immacula-  
tus cum eo : et ob-  
servabo me ab ini-  
quitate mea.

Et retribuet mihi  
Dominus secun-  
dum justitiam me-  
am : et secundum  
puritatem manuum  
mearum in con-  
spectu oculorum  
ejus.

**Division of Ps. 17 in Benedictine Breviary.**

CUM sancto sanctus eris : et cum viro innocentie innocens eris.

Et cum electo electus eris : et cum perverso perverteris

Quoniam tu populum humilem salvam facies, et oculos superborum humiliabis.

Quoniam tu illuminas lucernam meam Domine : Deus meus, illumina tenebras meas.

Quoniam in te eripiari a tentatione, et in Deo meo transgrediar murum.

Deus meus impolluta via ejus ; eloquia Domini igne examinata : protector est omnium sperantium in se.

Quoniam quis Deus praeter Dominum ? aut quis Deus praeter Deum nostrum ?

Deus, qui præcinxit me virtute, et posuit immaculatam viam meam ;

**A**S I continue in the religious life I must approach nearer and nearer to Thee, my God. Thou wishest to deal with me as with one devoted to the pursuit of sanctity and very careful not to sin against Thee.

Thou lookest to me as one whom Thou hast chosen, and Thou wishest me to choose Thee with all my heart. If I am perverse Thou wilt not be my helper when I need Thee.

If I am humble Thou wilt save me, but if I am proud Thou wilt humiliate me.

O Lord, Thou art my lamp guiding my feet to Thee. Do not leave me to myself, O my God, lest I remain in darkness.

In Thy hands I shall overcome all temptations and surmount all difficulties.

Thou, my God, leadest me along a clean path where there is no defilement. Thy words are pure as if purified by fire. Thou art my protector ; I will trust myself in Thy hands.

There is none like to Thee, O God ; there is no one I can trust as I can trust Thee.

Encompass me with Thine own strength, and make my life without blame.

Strengthen my feet to follow Thee even to the high mountains where Thou dwellest.

Teach me, O my God, how to fight against all my enemies. Strengthen my arm that I may have the victory.

Give me ever the protection of the infinite grace Thou hast won for me upon the Cross. I will bear in mind that Thy right hand is ever ready to uphold me.

Grant that the discipline of holy religion may correct all my weaknesses and teach me Thy will.

Make my steps free, and strengthen my feet to follow Thee.

Then shall I be able in Thy strength to overcome myself and break my self-will and trample on all that is base in me.

The enemies of my soul shall have no more power against me.

It is in Thy power, O my God, that this victory will be mine, for it will be Thy grace surrounding me and enabling me to overcome all the evil of my nature.

Grant that my enemies may be driven away and not be allowed to disturb me when I come to die.

All this shall be in Thy strength. I

Qui perfecit pedes meos tanquam cervorum ; et super excelsa statuens me ;

Qui docet manus meas ad prælium ; et posuisti, ut arcum æreum, brachia mea ;

Et dedisti mihi protectionem salutis tuæ, et dextera tua suscepit me :

Et disciplina tua correxit me in finem, et disciplina tua ipsa me docebit.

Dilatasti gressus meos subtus me : et non sunt infirmata vestigia mea.

Persequar inimicos meos, et comprehendam illos : et non convertar, donec deficiant.

Confringam illos, nec poterunt stare : cadent subtus pedes meos.

Et præcinxisti me virtute ad bellum : et supplantasti insurgentes in me subtus me :

Et inimicos meos dedisti mihi dorsum : et odientes me disperdidisti.

Clamaverunt, nec erat qui salvos

faceret, ad Dominum, nec exaudivit eos.

Et comminuam eos ut pulverem ante faciem venti : ut lutum platearum delebo eos.

Eripies me de contradictionibus populi : constitues me in caput gentium.

Populus, quem non cognovi, servavit mihi : in auditu auris obedivit mihi.

Fili alieni mentiti sunt mihi ; filii alieni inveterati sunt ; et claudicaverunt a semitis suis.

Vivit Dominus, et benedictus Deus meus : et exaltetur Deus salutis meæ.

Deus, qui das vindictas mihi, et subdis populos sub me : liberator meus de inimicis meis iracundis.

Et ab insurgentibus in me exaltabis me : a viro iniquo eripies me.

Propterea confitebor tibi in nationibus, Domine : et nomini tuo psalmum dicam.

will not forget, O my Lord, that all my progress will be from Thee.

If I but trust to Thee, O God, the victory will be complete, for my enemies shall be reduced to dust and trodden down as the mud in the streets.

Thou hast taken me from the hubbub of the world, and put me in religion where I may further Thy kingdom upon the earth—Thy kingdom which is not of this world.

Thou wilt allow me to win souls for Thee, and to spread the knowledge of Thee and Thy kindness to other hearts.

Do Thou save me from the flattery of those who will not serve Thee in sincerity.

Take up Thy dwelling in me, O my Lord ; be my life, and let the praise of whatsoever Thou givest me to do be given back to Thee.

All the victory I may obtain, and all the influence I may have belong to Thee, for without Thee I should remain a slave to sin.

From the enemies that are within me, *i.e.*, my passions, and those that are without, I look to Thee for help.

Therefore, I will glorify Thee, O Lord, for all that I can do is Thy doing. I will not weary in singing Thy praise, for Thou hast been so good to me, my own loving Lord !

Thou hast delivered me from sadness and self-seeking, and hast shown mercy to me and to my work for ever.

**Coeli enarrant. Ps. 18.**

**A**S the heavens tell me of Thy external glory and power, O my God, and the vault of heaven speaks to me of Thy goodness in providing for my bodily wants, so the saints tell me of Thy inner glory, and the whole choir of the blessed speak to me of the graces which Thou hast prepared for those who love Thee.

So, in the religious life, one day calls upon the next for greater effort in Thy service, and the quiet of night gives me time to think of Thy providence.

The testimony of Thy goodness, whether in providing for my bodily needs or the needs of my soul is proclaimed over the whole earth by the voice of nature and by the words of Thy saints who are to be found everywhere.

The voices of the saints who have gone before me speak to me in every language, and by Thy grace, I will listen that I may hear. There is no place in which I may not hear Thy praise, and the voices of those who have loved Thee in past time speak to me always. How little, Lord, have I listened to their words!

As Thou hast made the dwelling place of Thy splendour in the sun, so make the dwelling of all Thy graces in my heart, and rest there as the spouse of my soul.

Magnificans salutes Regis ejus, et faciens misericordiam christo suo David, et semini ejus usque in sæculum. COELI enarrant gloriam Dei, et opera manuum ejus annuntiat firmamentum.

Dies diei eructat verbum, et nox nocti indicat scientiam.

Non sunt loquela, neque sermones, quorum non audiuntur voces eorum.

In omnem terram exivit sonus eorum, et in fines orbis terræ verba eorum.

In sole posuit tabernaculum suum : et ipse tanquam sponsus procedens de thalamo suo.

Exultavit ut gigas ad currendam viam, a summo cælo egressio ejus.

Et occursum ejus usque ad summum ejus : nec est qui se abscondat a calore ejus.

Lex Domini immaculata, convertens animas : testimonium Domini fidele, sapientiam præstans parvulis.

Justitiae Domini rectæ, lætificantes corda : præceptum Domini lucidum, illuminans oculos.

Timor Domini sanctus, permanens in sæculum sæculi : judicia Domini vera justificata in semetipsa.

Desiderabilia super aurum, et lapidem pretiosum multum : et dulciora super mel et favum.

Etenim servus tuus custodit ea : in custodiendis illis retributio multa.

Delicta quis intellegit ? ab occultis meis munda me ; et ab alienis parce servo tuo.

## PSALM 18.

I will glory in Thy great strength, and never doubt Thy far-reaching mercy.

As Thy creature the sun shineth over the whole earth, giving light and warmth, so do Thou, Lord, shine on every act of my life that I may see Thy will plainly and be filled with the warmth of Thy grace.

Thy law, O Lord, is full of righteousness ; my fidelity to it secures my conversion to Thee. Thy loving testimony in Thy life upon earth gives me all the wisdom my lowness requires.

Keep me close to Thy justice thus revealed to me, and make my joy consist in being faithful to Thy word. I will look for the light necessary for my life in the rule Thou hast given me.

O my Lord, the filial fear of offending Thee will make my life holy, and will give me strength to persevere.

I must esteem my rule more than any delight of life, and more than any honour or good-will from those who would lead me from its observance.

This shall be my reward that I keep Thy rule most exactly.

I will leave all my sins to Thee who hast willingly taken them, and not be anxious, so that they may have no power over me. Forgive me, Lord, if I have led anyone to sin against Thee.

Free me from my sins that I may be wholly clean in Thy sight. Do Thou, O Lord, wash me from all the great sins I have committed against Thee.

Give me grace to speak only for Thy pleasure, and let the prayer of my heart be always in Thy sight.

For Thou art my Lord, my helper and my Redeemer.

**Exaudiat. Ps. 19.**

**O** LORD God, hear me and come to my aid now that I am in difficulty. I trust in the protection of Thy name, for I belong to Thee.

I will always look for help from Thee in the tabernacle. There I will go to Thee for consolation. All that is good for me is to be found there, if I but seek it and be willing to receive it from Thee.

Remember the sacrifice Thou hast made for me, O my Lord. Make me join in Thy sacrifice each day with a whole heart.

Fill my heart with desire for Thee and then give Thyself to me. Teach me Thy will, and confirm me in my obedience.

Make me to rejoice in the saving grace Thou hast won for me, and raise me up to Thee in Thy own name.

Grant me, if Thou seest good, what I ask in prayer. Lord, I ask not any-

Si mei non fuerint dominati, tunc immaculatus ero, et emundabor a delicto maximo.

Et erunt ut complaceant eloquia oris mei, et meditatio cordis mei in conspectu tuo semper.  
Domine adjutor meus, et redemptor meus.

**EXAUDIAT** te Dominus in die tribulationis : protegat te nomen Dei Jacob.

Mittat tibi auxilium de sancto : et de Sion tueatur te.

Memor sit omnis sacrificii tui : et holocaustum tuum pingue fiat.

Tribuat tibi secundum cor tuum : et omne consilium tuum confirmet.

Lætabimur in salutari tuo : et in nomine Dei nostri magnificabimur.

Impleat Dominus omnes petitiones

tuas : nunc cognovi, quoniam salvum fecit Dominus Christum suum.

Exaudi et illum de cœlo sancto suo : in potentatibus salus dexteræ ejus.

Hi in curribus, et hi in equis : nos autem in nomine Domini Dei nostri invocabimus.

Ipsi obligati sunt et ceciderunt : nos autem surreximus et erecti sumus.

Domine, salvum fac regem : et exaudi nos in die, qua invocaverimus te.

**DOMINE**, in virtute tua lætabitur rex, et super salutare tuum exultabit vehementer.

Desiderium cordis ejus tribuisti ei, et voluntate labiorum ejus non fraudasti eum.

Quoniam prævenisti eum in benedictionibus dulcedinis : posuisti in capite ejus coronam de lapide pretioso.

thing that is not Thy will to give me. Give me the assurance of a good conscience that Thou wilt save me in the end.

Hear me from heaven, O my good God ! Exert the power of Thy kind right hand and lead me safely to the home of holiness in Thee.

Many even of Thy servants trust too securely in the things of earth. Do Thou prevent me from putting my heart in anything but Thee.

For those who trust earthly powers shall surely be entangled and hindered in their progress to Thee. I beg of Thee to let me rise above such things, and to be free.

Lord, save me and make me king over my evil desires, and be ever near to hear me when I call on Thee.

**Domine, in virtute. Ps. 20.**

**M**Y soul, O Lord, shall rejoice in Thy strength and not in its own. In Thy salvation, *i.e.*, the salvation given by Thy Son, my soul will rejoice exceedingly.

Thou hast given my soul its great desire to offer itself to Thee ; Thou hast not taken from it the will of its lips on the day of my holy profession.

Long before I had merited anything from Thee Thou didst fill my heart with sweetness, and put a crown of precious stones on my head, *i.e.*, Thou hast given me the means of obtaining the mastery over myself and my unruly passions.

I asked of Thee life—*Suscipe me, Domine, secundum eloquium tuum et vivam*—and Thou hast allowed me to live in Thy company, and hast not tired of me, but Thou dost still promise me to live with Thee for ever and ever.

O Lord, let me truly glory in Thy goodness by being faithful. Thine own glory and beauty are mine, for I am Thine.

How good Thou art to bless me, O my God, for I have nothing of my own ! Make me ever joyful in Thy sweet presence.

I will put all my trust in Thee, Thou Most High Lord, and pray that by Thy great mercy I may persevere.

Do Thou deal with Thine enemies, O God !

How many mercies I have to thank Thee for ! I have deserved all manner of torments.

Thou shalt destroy the wicked so that the fruits of all their designs against Thee and Thy servants shall be of no value to them. They shall have none to follow them and enjoy their ill-gotten goods.

For the wicked have devised all manner of evil against Thee ; evils

Vitam petuit a te :  
et tribuisti ei longitudinem dierum in  
sæculum, et in sæculum sæculi.

Magna est gloria ejus in salutari tuo : gloriam et magnum decorem impones super eum.

Quoniam dabis eum in benedictionem in sæculum sæculi : lætificabis eum in gaudio cum vultu tuo.

Quoniam rex sperat in Domino : et in misericordia Altissimi non commovebitur.

Inveniatur manus tua omnibus inimicis tuis : dextera tua inveniat omnes, qui te oderunt.

Pones eos ut cli-  
banum ignis in tem-  
pore vultus tui :  
Dominus in ira sua  
conturbabit eos, et  
devorabit eos ignis.

Fructum eorum de  
terra perdes : et  
semen eorum a filiis  
hominum.

Quoniam declina-  
verunt in te mala :  
cogitaverunt con-

silia, quæ non potuerunt stabilire.

Quoniam pones eos dorsum : in reliquis tuis præparabis vultum eorum.

Exaltare Domine in virtute tua : cantabimus et psallemus virtutes tuas.

DEUS, Deus meus, respice in me ; quare me dereliquisti ? longe a salute mea verba delictorum meorum.

Deus meus clamabo per diem, et non exaudies : et nocte, et non ad insipientiam mihi.

Tu autem in sancto habitas ; laus Israel.

In te speraverunt patres nostri : speraverunt et liberasti eos.

Ad te clamaverunt, et salvi facti sunt : in te spera-

which they have not had the power to bring upon Thee.

For all who oppose Thee shall be surely turned back, yet in what Thou leavest to them Thou givest them a chance of returning to Thy favour.

Be Thou exalted, O Lord, in Thy strength. We will sing to Thee, and in Thy psalms praise Thy power.

### **Deus, Deus meus. Ps. 21.**

**M**Y God, my God, why hast Thou forsaken me ? Look upon me. This is Thy cry, O Lord, on the cross ; and it is also my cry, for it seems to me at times that Thou hast really forsaken me. What Thou couldst not say upon the cross, Lord, I can truly say, that my sins stand in the way of my profiting wholly by the salvation Thou hast won for me.

I cry to Thee in the light, and it seems to me that Thou dost not hear. I cry to Thee in the waking moments of the night. Let not my voice sound to Thee as a fool's cry which comes not from the heart.

But I can find Thee in the holy place of the choir where the praises of Thy servants are sung.

There the voices of Thy saints, who have led and are leading a holy life, mingle with my sinful voice.

They cried to Thee and they were made safe ; their hope in Thee was not in vain. Hear me now, O Lord ; let

my cry be heard and my hope be strengthened as was that of Thy saints.

I am a worm, fit only to live in the earth, and by my inclinations to evil I am scarcely human. I am a fit object of scorn, and worth only to be driven out from among Thy people.

If Thy people knew me as Thou, my good God knowest me, they would surely scoff at me. They would speak hard things against me, and shake their heads at me as if I were of no account; and, dear Lord, they would have ample cause. If they scorned and reviled Thee on the cross, who wast infinitely innocent, what scorn would they not justly heap on me?

They cried out at Thee, my Lord, reproaching Thee because Thou wast in their power; and Thy Father allowed Thee to be scorned for my sins.

Thou hast had care of me, and hast been kind to me from my birth, and I will hope in Thee always. Be kind to me now that I am in trouble.

I have been dependent on Thee all my life, for Thou art my God. In Thy mercy leave me not.

Trouble is near me if I leave Thee; there is no other that can in any way help me.

Evil spirits have surrounded me, and distracted me on every side;

verunt, et non sunt confusi.

Ego autem sum vermis, et non homo; opprobrium hominum, et abjectione plebis.

Omnis videntes  
me deriserunt me:  
locuti sunt labiis,  
et moverunt caput.

Speravit in Domino,  
eripiat eum:  
salvum faciat eum,  
quoniam vult eum.

Quoniam tu es,  
qui extraxisti me  
de ventre: spes  
mea ab uberibus  
matris meæ.

In te projectus  
sum ex utero;  
de ventre matris meæ  
Deus meus es tu,  
ne discesseris a me.

Quoniam tribulatio  
proxima est:  
quoniam non est  
qui adjuvet.

Circumdederunt  
me vituli multi:  
tauri pingues ob-  
sederunt me.

Aperuerunt super  
me os suum, sicut  
leo rapiens et ru-  
giens.

Sicut aqua effu-  
sus sum : et dis-  
persa sunt omnia  
ossa mea.

Factum est cor-  
m e u m tanquam  
cera liquecens in  
medio ventris mei.

Aruit tanquam  
testa virtus mea,  
et lingua mea ad-  
haesit faucibus me-  
is, et in pulverem  
mortis deduxisti me

Quoniam circum-  
dederunt me canes  
multi : concilium  
malignantium ob-  
sedit me.

Foderunt manus  
meas et pedes me-  
os : dinumeraver-  
unt omnia ossa  
mea.

Ipsi vero consi-  
deraverunt et in-  
spexerunt me : di-  
viserunt sibi vesti-  
menta mea : et  
super vestem meam  
misérunt sortem.

Tu autem Domine  
ne elongaveris aux-  
iliū tuum a me :  
ad defensionem me-  
am conspice.

Erue a franea  
Deus animam me-

## PSALM 21.

They have made me think that I  
was a fit prey to them.

I became as water, and all my  
strength seemed to leave me, for Thou,  
O Lord, didst seem afar off, and with-  
out Thee I have no strength.

I lost heart in my spiritual life, and  
I was in the midst of desolation.

The joy of life left me, and all was  
dry and parched. I could not speak to  
Thee in prayer, for I was lifeless as the  
very dust.

Again the evil spirits assailed me,  
and tried all their devices against me.

They nailed Thee to the cross, dear  
Lord ; and Thou dost wish that I also,  
in my small way, should suffer with  
Thee.

Whilst I was tried I could get no  
help from those who stood by me.  
They seemed only to think of what  
use they could make of me.

But Thou, O Lord, go not far from  
me ; deliver me in Thy mercy.

Be Thou my defence. Save me, O  
Lord, from any grievous fall into sin.

Let me not die the death of the malefactor. Save my soul, my only possession, from the devil who wishes to rob me of the only thing I can offer Thee, O my God !

Save me, Lord, humbled by the thought of my sins, from the evil beasts, the devils, and from all their fury.

I will turn wholly to Thee, and show forth the power of Thy name to my brethren. Here in the midst of the Church I will praise Thee.

This shall be my testimony, to fear Thee and praise Thee, Lord. I will praise Thee with all reverence. Let all the children of Thy saints show forth Thy glory in their lives.

I will serve Thee carefully and reverently, for Thou dost not reject the prayer of the poor and humble.

Nor dost Thou turn away from my prayer, for when I earnestly call upon Thee Thou hearest me, and hast often heard me in my life.

To Thee, O Lord, I address my praise. All I can do for Thee is in Thy strength. In that strength I made my vows to Thee. Do Thou constantly assist me, that I may be faithful to Thee and to the community before whom I made my promises to Thee.

They who are humble in Thy sight, Lord, shall have all that is needful for their spiritual progress ; they will seek Thee in the holy Office, the work of

am : et de manu  
canis unicam me-  
am.

Salva me ex ore  
leonis : et a corni-  
bus unicornium hu-  
militatem meam.

Narrabo nomen  
tuum fratribus me-  
is : in medio eccle-  
siæ laudabo te.

Qui timetis Do-  
minum, laudate  
eum : universum  
semen Jacob glori-  
ficate eum.

Timeat eum om-  
ne semen Israel :  
quoniam non spre-  
vit, neque despex-  
it deprecationem  
pauperis.

Nec avertit faci-  
em suam a me : et  
cum clamarem ad  
eum, exaudivit me.

Apud te laus mea  
in ecclesia magna :  
vota mea reddam  
in conspectu timen-  
tium eum.

Edent pauperes et  
saturabuntur ; et  
laudabunt Domini-  
num, qui requi-

runt eum ; vivent corda eorum in sæculum sæculi.

Reminiscentur, et convertentur ad Dominum universi fines terræ.

Et adorabunt in conspectu ejus universæ familiæ gentium.

Quoniam Domini est regnum, et ipse dominabitur gentium.

Manducaverunt et adoraverunt omnes pingues terræ : in conspectu ejus cadent omnes, qui descendunt in terram.

Et anima mea illi vivet : et semen meum serviet ipsi.

Annuntiabitur Domino generatio ventura : et annuntiabunt coeli justitiam ejus populo qui nascetur, quem fecit Dominus.

\*DOMINUS regit me,  
et nihil mihi deerit:

praise, and Thou shalt give them the life of the heart which they asked of Thee in their holy profession.

They shall always remember Thy presence, and shall in all difficulties turn immediately to Thee, and through their progress and good works do good over the whole earth ;

So that all may adore Thee, the one true God.

For Thine is the kingdom, and I will pray always that Thy kingdom may come over the whole earth.

Both rich and poor receive of Thy bounty.

But my soul shall in Thy mercy live yet more strenuously to Thee, and all my actions shall serve Thee.

I will, with Thy grace, pass on to others Thy goodness, O my God, and with Thy saints I will try to increase the perfection of life to which Thou hast called me, so that the good seed of religious life may grow up for Thy glory after I have gone with those who shall be Thy children.

### Dominus regit me. Ps. 22.

THOU, O my Lord, the good Shepherd of my soul, givest me all I require and leavest me not in any spiritual want if I but follow Thee

closely. Thou leadest me where the pasture is plentiful. Hast Thou not brought me into Thy own field of the church, and into the choicest portion of that field, the religious life ?

Thou hast been kind to me by allowing me to be nourished so frequently with the water of refreshment, even Thy own Most Precious Blood !

How often hast Thou recalled my soul from tepidity and careless ways ! Thou hast introduced me to the path of perfection, and hast wished me to advance greatly along that path ; Thou hast shown me that to do so I must praise Thy name, and do all that Thou askest me to do for Thee, forgetting myself as much as I can.

Hence, a great joy comes to me, because, walking with Thee, my gentle Lord, I cease to fear all danger, knowing that Thou hast care of me.

Even when Thou strikest me with humiliation, or dost correct me when wandering, it is a consolation to me, for it shows me that Thou hast care of me.

In the holy Sacrament of Thy Body and Blood Thou hast given me a resource against all trouble. Thou hast placed me where the Blessed Sacrament is constantly before me.

Thou, O Lord, hast not left me without sweetness in Thy service, and at times Thou hast allowed me to drink deeply of Thy pleasure.

I know that if I am faithful Thy mercy to me will continue all the days

in loco pascuæ ibi  
me collocavit.

Super aquam refectionis educavit  
me : animam meam convertit.

Deduxit me super  
semitas justitiae,  
propter nomen suum.

Nam, et si ambulavero in medio  
umbræ mortis, non  
timebo mala, quoniam tu mecum es.

Virga tua et baculus tuus, ipsa me  
consolata sunt.

Parasti in conspectu meo mensam,  
adversus eos, qui tribulant me.

Impinguasti in  
oleo caput meum :  
et calix meus inebrians quam præclarus est :

Et misericordia  
tua subsequetur

me omnibus diebus vitæ meæ.

Et ut inhabitem  
in domo Domini,  
in longitudinem di-  
erum.

**DOMINI** est terra,  
et plenitudo ejus :  
orbis terrarum, et  
universi qui habi-  
tant in eo.

Quia ipse super  
maria fundavit e-  
um : et super flumi-  
na præparavit eum.

Quis ascendet in  
montem Domini ?  
aut quis stabit in  
loco sancto ejus ?

Innocens mani-  
bus, et mundo  
corde, qui non ac-  
cepit in vano ani-  
mam suam, nec  
juravit in dolo pro-  
ximo suo.

Hic accipiet bene-  
dictionem a Domi-  
no : et misericor-  
diam a Deo salu-  
tari suo.

## PSALM 23.

of my life. What a blessing is this, Lord, in spite of all my negligence and infidelity !

Grant, dear Lord, that I may, by Thy will, either fulfil many days in a short space, or spend many days in Thy service, dwelling always in Thy house ; dwelling always with Thee.

### **Domini est terra. Ps. 23.**

**O** LORD, the whole earth and the fulness of it belongs to Thee, and all men, Thy servants, who dwell on the earth.

For Thou hast created it and made it ready for habitation.

To praise Thee fitly for all Thy blessings Thou hast set apart some few among Thy servants. These are they who shall come before Thee to recite daily the Divine Office and sing Thy praises in choir. This, O Lord, is Thy holy mount, and the holy place of Thy delight. Who are they whom Thou callest to this duty ?

The innocent and pure of heart who do not receive their souls in vain. But not only innocence of life and purity of heart are necessary, but also a great care about charity to my neighbour. Thou desirest that I should have no kind of deceit in my dealing with my neighbour.

Then, dear Lord, shall I obtain Thy blessing, and mercy from Thee who art my salvation.

For I belong to the chosen race  
which seeks Thy face, O God.

Therefore, my soul, throw open thy gates and let the King of Glory enter in.

Who is this King of Glory? None but Thou, my Lord, my strength, my support! Thou art able to protect me in all my struggles with temptation.

O King of Glory, I will open wide my heart and let Thee enter in.

Now Thou comest to my soul bringing the seeds of all the virtues. Come, Lord Jesus, and make my soul fit to be Thy dwelling-place.

#### **Ad te, Domine. Ps. 24.**

**T**O Thee, O Lord, I lift up my soul. I beg of Thee to give me this great grace that I may be able at all times to lift up my soul to Thee. Thou alone, Lord, canst save me from the shame of forgetting Thee.

If I attempt this by my own power I shall surely fail, and my enemies, the evil spirits, will triumph over me; but all who trust in Thee shall be saved from confusion.

If I sin against Thee with malice I shall be certainly confounded before Thee.

Hæc est generatio querentium eum, querentium faciem Dei Jacob.

Attollite portas, principes, vestras; et elevamini portæ aëternales; et introibit Rex gloriæ.

Quis est iste Rex gloriæ? Dominus fortis et potens, Dominus potens in prælio.

Attollite portas, principes, vestras; et elevamini portæ aëternales; et introibit Rex gloriæ.

Quis est iste Rex gloriæ? Dominus virtutum ipse est Rex gloriæ.

AD te Domine levavi animam meam: Deus meus in te confido, non erubescam.

Neque irrideant me inimici mei: etenim universi, qui sustinent te non confundentur.

Confundantur omnes iniqua agentes supervacue.

Vias tuas Domine  
demonstra mihi :  
et semitas tuas edoce me.

Dirige me in veritate tua, et doce me ; quia tu es Deus Salvator meus, et te sustinui tota die.

Reminiscere miserationum tuarum Domine, et misericordiarum tuarum, quae a saeculo sunt.

Delicta juventutis meae, et ignorantias meas ne memineris.

Secundum misericordiam tuam memento mei tu, propter bonitatem tuam Domine.

Dulcis et rectus Dominus : propter hoc legem dabit delinquentibus in via.

Diriget mansuetos in judicio : docebit mites vias suas.

Universæ viæ Domini misericordia et veritas, requirentibus testamentum ejus et testimonia ejus.

Show me Thy ways, O Lord, by letting me understand Thy precepts, and enable me to walk always according to Thy will.

Thou, O Lord, art truth ; I rely on Thee to lead me by Thy own truth, and to teach me all that I need know. For Thou art my Saviour and my God in whom I can trust all the day long.

Let me not forget Thy mercy to me in the past, and all Thy kindness to me. Do Thou, Lord, call these to my mind if I am at any time forgetful.

Remember not the sins of my youth and my long neglect of Thee ;

But bear in mind, O my Lord, the mercy Thou hast shown to me, and the great goodness Thou hast lavished upon me.

Thou art always kind to me, my good God, and so full of desire for my keeping in Thy love, that Thou dost not lose interest in sinners who have left Thy way.

How much more interest dost Thou not take in leading the meek of heart to the heights of perfection ! Thou dost manifest to them the secrets of Thy love.

All Thy ways, O Lord, are full of mercy and truth for those who seriously strive to know Thy will and follow it.

When I fall do Thou pardon my sin,  
O Lord. Thou wilt have to pardon me  
much, for I am very weak.

If I am reverent before Thee, Thou  
wilt show me Thy will. Enable me to  
walk firmly in the vocation I have  
chosen.

Let my soul dwell securely in the  
enjoyment of Thy graces ; even of all  
the joys of religious life here, and of  
heaven hereafter. Let the fruits of a  
good life continue for ever.

Thou, O my good God, wilt deal  
kindly with all who are lovingly  
reverent in Thy service, and Thou wilt  
show them Thy will.

Therefore, my eyes shall look up to  
Thee, Lord, and hope in Thee. I will  
not turn to myself and my own  
troubles. Thou wilt release my feet  
from all that impedes them.

Look Thou kindly upon me, O Lord,  
and have great mercy with me, for  
without Thee I am alone and very poor.

Free me, O Lord, from all trouble of  
mind, and from all anxiety about the  
future.

I will not try to hide my lowliness  
from Thee, nor the trouble I have to  
keep in the right way ; but I will ask  
Thee, my kind Lord, to forgive me all  
my sins.

Do Thou in Thy great goodness  
repress the many enemies who assail

Propter nomen tu-  
um Domine propri-  
tiaberis peccato  
meo : multum est  
enim.

Quis est homo,  
qui timet Domini-  
num ? legem statuit  
ei in via, quam  
elegit.

Anima ejus in bo-  
nis demorabitur :  
et semen ejus ha-  
reditabit terram.

Firmamentum est  
Dominus timenti-  
bus eum : et testa-  
mentum ipsius, ut  
manifestetur illis.

Oculi mei semper  
ad Dominum ; quo-  
niam ipse evellet  
de laqueo pedes  
meos.

Respic in me, et  
miserere mei : quia  
unicus et pauper  
sum ego.

Tribulationes cor-  
dis mei multipli-  
catæ sunt : de ne-  
cessitatibus meis  
erue me.

Vide humilitatem  
meam, et laborem  
meum : et dimitte  
universa delicta  
mea.

Respic inimicos  
meos, quoniam  
multiplicati sunt,

et odio iniquo oderunt me.

Custodi animam meam, et erue me : non erubescam, quoniam speravi in te.

Innocentes et recti adhaeserunt mihi, quia sustinui te.

Libera Deus Israel ex omnibus tribulationibus suis.

JUDICA me Domine, quoniam ego in innocentia mea ingressus sum : et in Domino sperans non infirmabor.

Proba me Domine, et tenta me : ure renes meos et cor meum.

Quoniam misericordia tua ante oculos meos est : et complacui in veritate tua.

Non sedi cum concilio vanitatis : et cum iniqua gerentibus non introibo.

Odivi ecclesiam malignantium : et cum impiis non sedebo.

my soul and hate me, because I have wished to love Thee, my Lord.

Keep my soul and deliver me ; of myself I can do nothing, and shall soon be put to shame if Thou dost not stand by me. In Thee I place all my hope.

Let the innocent and the right of heart help me by their example and prayers, for they are on Thy side.

I hope in Thee, O God, to deliver me, for my eyes are raised to Thee, hoping one day to see Thee face to face.

**Judica me, Domine. Ps. 25.**

**I** CALL upon Thee, O Lord, to judge me ; Thy judgments are so much more merciful than the judgments of men. If I hope in Thee Thou wilt surely protect me from sin and keep me innocent in Thy sight.

Do not spare me, Lord, in this life, but try me in the fire of tribulation if it be Thy will ; but in Thy mercy keep me pure in body and in heart.

I will no longer trust in myself but in Thy great mercy, and by Thy grace I will ever keep Thy kindness before my eyes. I will strive to take my constant pleasure in loving Thy truth, *i.e.*, Thy Son who is the Way, the Truth and the Life.

I will not waste my time in useless work which may fill my mind with distractions, nor will I consort with any that sin against Thee.

How can I listen to those who are at enmity with Thee, my Lord and my God ?

I will strive to choose Thy friends, the innocent in life, for my friends ; and I will rejoice to spend my life about Thy altar. How good Thou art, Lord, to allow me to live with these Thy friends !

I will give ear to the voice of praise in the holy Office, and I will try to sing with my heart as with my lips, that I may ponder on all Thy wondrous works.

O my Lord, give me a great love of Thy beauty and of the place where Thy glory dwells in secret.

Thus shall I not waste my life in sin and in deeds that are hateful to Thee.

For such as hate Thee, O Lord, are living in sin ; they think their money of more worth than Thy service.

Have mercy on me, O Lord, that I may serve Thee in all innocence. This I can do only by a great trust in Thy power and mercy.

Keep my feet in the right way, and allow me in choir to praise Thee always with Thy saints.

### **Dominus illuminatio mea. Ps. 26.**

THOU, O Lord, art the true light which will shine upon me, and go before me to show me the way of my salvation. Why, then, should I fear ?

Lavabo inter innocentes manus meas,  
et circumdabo altare tuum Domine.

Ut audiam vocem laudis, et enarrem universa mirabilia tua.

Domine, dilexi decorem domus tuæ, et locum habitacionis gloriæ tuæ.

Ne perdas cum impiis, Deus, animam meam, et cum viris sanguinum vitam meam.

In quorum manibus iniquitates sunt, dextera eorum repleta est muneribus.

Ego autem in innocentia mea ingressus sum : redime me et miserere mei.

Pes meus stetit in directo : in ecclesiis benedicam te Domine.

DOMINUS illuminatio mea et salùs mea : quem timebo ?

Dominus protector vitæ meæ : a quo trepidabo ?

Dum appropiant super me nocentes,  
ut edant carnes meas.

Qui tribulant me inimici mei, ipsi infirmati sunt et ceciderunt.

Si consistant adversum me castra,  
non timebit cor meum.

Si exurgat adversum me prælium,  
in hoc ego sperabo.

Unam petii a Domino, hanc requiram : ut inhabitem in domo Domini omnibus diebus vitæ meæ :

Ut videam voluptatem Domini, et visitem templum ejus.

Quoniam abscondit me in tabernaculo suo : in die malorum protexit me in abscondito tabernaculi sui.

In petra exaltavit me : et nunc exaltavit caput meum super inimicos meos.

## PSALM 26.

Thou, my Lord, wilt protect me from all evil if I am faithful to Thee, and Thou wilt help me to live my life in all perfection.

Even when the evil spirits attack me, wishing to ruin me.

Thou wilt be at hand to keep the enemies of my soul in check as Thou hast so often done in the past.

I will have courage and not be cast down even if whole armies assail me.

In the very midst of temptation I will take courage and hope entirely in Thee, my Friend and Protector.

One thing I beg of Thee very earnestly, O Lord, that Thou wilt let me dwell near Thee all my life. Do not, in Thy mercy, drive me from the cloister and the tabernacle.

Let me taste the sweetness of Thy presence, and be able to seek Thee always in the Blessed Sacrament.

Thou hast often allowed me to hide my troubles in the Tabernacle, and when I am down-hearted Thou hast made me to know Thou dost uphold me silently from the throne of grace.

Thou has invited me, O my God, to raise myself from all anxiety by hiding myself in the holes of the Rock which is Thine own self, wounded for me on the cross. Make me bold to face all the attacks of my enemy, the evil one.

I will sing to Thy name in thanksgiving, and I will bear willingly the fatigue of the holy Office that I may sing and praise Thy name in psalmody.

O Lord, hear my voice; have mercy on me and listen to my prayer.

My heart has promised Thee to seek Thy face that I may know Thy will.

Turn not away Thy face from me, nor go far away and leave me desolate, my kind, loving Lord! Let me never anger Thee by my infidelity. I long to be Thy servant.

My God, Thou art my only hope, my only helper. Do not leave me, and in Thy mercy never despise me, for to whom can I go if Thou desert me?

Thou hast called me to leave father and mother, but only that Thou mightest more securely take me up.

Thou hast given me a law to direct my life, and hast shown me a path which will keep me from all harm.

Leave me not now, O Lord, or I become a prey to all evil, for evil is still in me, and it rises up to overpower me. The thought of the sins of my youth casts me down, and all kinds of lying imaginations torment me.

Circuivi, et immolavi in tabernaculo ejus hostiam vociferationis: cantabo, et psalmum dicam Domino.

Exaudi Domine vocem meam, qua clamavi ad te: miserere mei et exaudi me.

Tibi dixit cor meum, exquisivit te facies mea: faciem tuam Domine requiram.

Ne avertas faciem tuam a me: ne declines in ira a servo tuo.

Adjutor meus es-  
to, ne derelinquas  
me: neque des-  
picias me Deus sa-  
lutaris meus.

Quoniam pater  
meus et mater mea  
dereliquerunt me:  
Dominus autem  
assumpsit me.

Legem pone mihi  
Domine in via tua,  
et dirige me in  
semitam rectam  
propter inimicos  
meos.

Ne tradideris me  
in animas tribulan-  
tium me: quoniam  
insurrexerunt in me  
testes iniqui: et  
mentita est iniqui-  
tas sibi.

Credo videre bona  
Dominii in terra  
viventium.

Expecta Dominum,  
viriliter age :  
et confortetur cor  
tuum, et sustine  
Dominum.

AD te Domine  
clamabo, Deus meus  
ne sileas a me :  
ne quando taceas a  
me, et assimilabor  
descendentibus in  
lacum.

Exaudi Domine  
vocem deprecatio-  
nis meæ, dum oro  
ad te, dum extollo  
manus meas ad  
templum sanctum  
tuum.

Ne simul trahas  
me cum peccatori-  
bus, et cum oper-  
antibus iniquita-  
tem ne perdas me.

Qui loquuntur pa-  
cem cum proximo  
suo ; mala autem  
in cordibus eorum :

Da illis secundum  
opera eorum, et  
secundum nequiti-  
am adinventio-  
num ipsorum.

Secundum opera  
manuum eorum  
tribue illis : redde  
retributionem eo-  
rum ipsis.

## PSALM 27.

I will look forward and strengthen  
my heart in the hope of life with Thee  
in the land of the living.

I will now hope and act earnestly,  
and be of good heart ; I will hold  
closely to Thee, my Lord and my  
God !

### **Ad te, Domine. Ps. 27.**

I WILL cry to Thee, O Lord ; do not  
Thou refuse to answer me, lest I  
be as one without any hope, whose  
only end is in the pit of despair.

Hear me, my merciful Lord, when I  
raise my hands to Thee in prayer.

Do not treat me as a sinner, for I  
rely on Thy mercy. Do not slay me  
in my sin, and destroy me before I  
have time to repent.

Obdurate sinners may have a smiling  
face, but their heart is full of evil.

Deal with them, O Lord, according  
to their works, because of the malice  
of their hearts.

Give them their reward as they  
deserve.

For they have not understood Thee, O my God, and Thou canst not build them up till they know Thee and trust Thee.

Make my heart humble, O Lord, that I may bless Thee. Hear Thou the voice of my supplication.

Give me a trustful heart, and in Thy mercy let me win Thy protection and help.

My body also shall rejoice in Thy help; it was weakened when I trusted not in Thee, but now that my will is given to Thee I will praise Thee with all my being.

Thou art the strength of soul and body, O Lord. In Thy protection both shall gain the heaven won for them by Thee, O Christ!

Save me, O Lord, and bless me, for I am Thine and come to Thee. Guide me all my life in the path of perfection, and lift me up, mind and body, that I may be with Thee for ever.

### Afferte Domino. Ps. 28.

I WILL bring to Thee, O my Lord God, my sacrifices, especially the sacrifice which Thou Thyself hast given me, the Lamb of God, Thy own Son. I am Thy child by so many titles—by creation, redemption, baptism, and lastly, by religious profes-

Quoniam non intellexerunt opera Domini, et in opera manuum ejus: destrues illos, et non ædificabis eos.

Benedictus Dominus; quoniam exaudivit vocem deprecationis meæ.

Dominus adjutor meus et protector meus; in ipso speravit cor meum, et adjutus sum.

Et refloruit caro mea; et ex voluntate mea confitebor ei.

Dominus fortitudo plebis suæ, et protector salvationum Christi sui est.

Salvum fac populum tuum Domine, et benedic hæreditati tuæ: et rege eos, et extolle illos usque in æternum.

AFFERTE Domino filii Dei: afferte

Domino filios arietum.

Afferte Domino gloriam et honorem ; afferte Domino gloriam nomini ejus : adorate Dominum in atrio sancto ejus.

Vox Domini super aquas, Deus majestatis intonuit: Dominus super aquas multas.

Vox Domini in virtute : vox Domini in magnificientia.

Vox Domini confringentis cedros ; et confringet Dominus cedros Libani.

Et comminuet eas tanquam vitulum Libani : et dilectus quemadmodum filius unicornium.

Vox Domini intercedentis flamnam ignis ; vox Domini concutientis desertum : et commovebit Dominus desertum Cades.

Vox Domini præparantis cervos, et revelabit condensa : et in templo ejus

## PSALM 28.

sion. I will join with Thy priest daily in Holy Mass in offering this sacrifice to Thee.

I will bring Thee also the sacrifice of my praise in the holy Office. I will glorify Thee as much as I am able. I will be most reverent in the honour I give to Thy name.

I will learn of Thy great power, O Lord, by considering the forces of nature.

I will not fail to trust in Thy power, and I will not miss the enjoyment of the beauty Thou hast spread out for me so lavishly in the heavens.

Thy power is shown in the force of great winds which so easily break down mighty trees.

Thou destroyest the great ones of the earth when it pleaseth Thee. They are reduced to pieces like a calf that is slain in sacrifice. Even Thy Beloved Son was made a worm and no man.

Thou shalt divide the flame, giving heat without light to hell, and perfect light without heat to heaven ; for Thy power is not manifested only now, but it will be for ever and ever, providing good things for those that are faithful. Those who wander from Thee in the desire of sin must expect nothing but trouble.

Whatever is noble in the animal or spiritual life depends on Thee, O Lord, that we may become perfect. Do Thou

make my heart Thy temple that there I may ever speak Thy glory.

Thou makest those who have passed through the flood of temptation to dwell in peace when Thou art acknowledged King over all. Be Thou my King and Ruler for ever.

I will trust in Thy power, O Lord, and I will wait for Thy blessing that Thou make me perfect in Thine own time. May I dwell in peace in Thy tabernacle.

**Exaltabo te, Domine. Ps. 29.**

I WILL praise Thee, O Lord, for all Thy kindness to me, taking me in Thy hand, and not letting the evil spirits rejoice in my fall.

I have cried to Thee so often, and Thou hast forgiven me and healed me, O my God.

Thou hast snatched me out of hell, where I should certainly now be but for Thy mercy.

Therefore, confiding in Thy mercy, I will not fear to join even with Thy holy ones in praising Thy holiness.

For though Thou art angry with me because of my sins Thy will is always that I should return to life.

If I have cause to weep in the evening, I may by repentance have Thy joy again before morning.

I may at times feel secure because of the abundance of Thy mercy, and I

omnes dicent gloriam.

Dominus diluvium inhabitare facit : et sedebit Dominus Rex in aeternum.

Dominus virtutem populo suo dabit : Dominus benedicet populo suo in pace.

EXALTABO te Domine, quoniam suscepisti me : nec delectasti inimicos meos super me.

Domine Deus meus clamavi ad te, et sanasti me.

Domine eduxisti ab inferno animam meam : salvasti me a descenditibus in lacum.

Psallite Domino sancti ejus : et confitemini memoriae sanctitatis ejus.

Quoniam ira in indignatione ejus : et vita in voluntate ejus.

Ad vesperum demorabit fletus : et ad matutinum laetitia.

Ego autem dixi in abundantia mea :

Non movebor in  
æternum.

Domine in voluntate tua, præstisti decori meo virtutem.

Avertisti faciem tuam a me, et factus sum conturbatus.

Ad te Domine clamabo, et ad Deum meum deprecabor.

Quæ utilitas in sanguine meo, dum descendeo in corruptionem?

Numquid confitebitur tibi pulvis, aut annuntiabit veritatem tuam?

Audivit Dominus, et misertus est mei: Dominus factus est adjutor meus.

Convertisti placentum meum in gaudium mihi: considerasti saccum meum, et circumdedisti me lætitia.

Ut cantet tibi gloria mea, et non compungar: Domine Deus meus in æternum confitebor tibi.

In te Domine speravi, non confundar in æternum: in

think that I shall not again sin against Thee;

But I must never forget that all the force I have to resist evil, and be clothed in beauty of soul, depends wholly on conformity to Thy will.

If Thou once turn Thy face from me, my kind, loving Lord, trouble comes to my heart.

So I will ever cry to Thee, my God, and pray very earnestly, lest I presume too much on Thy kindness.

My cry shall be—How shall I serve Thee in hell? How fulfil the object for which Thou didst make me?

Shall I be content to be so useless to Thee as never to thank Thee, or show forth Thy truth?

If Thou, O Lord, wilt but hear me, and have mercy on me, and help me,

My mourning shall be turned into gladness, and all my sorrow shall be quickly turned into everlasting joy.

Then shall I sing to Thee who art my only glory. O Lord my God, then shall my joy be full, for it shall be merged in Thy eternal joy.

### **In te, Domine. Ps. 30.**

In Thee, O Lord, my hope is fixed. Put me not to shame, in the last day. Thou wilt free me from all my

difficulties if I seek to follow Thy most just will.

In the fervour of my heart I will cry to Thee to bend down and listen to me, and in the time of danger to hasten to my aid.

My good God, be to me a Father and Protector. Be my house of refuge to which I may fly at all times.

For all my strength is from Thee, and if I seek refuge in any other I shall certainly be deceived. Thou, my God, wilt nourish me and make me strong against the enemies of my soul.

Bring me always out of any snare they may set for me, for I rely on Thy help and care.

Into Thy hands I give my soul, for Thou hast been good to me in the past, and I trust Thee, O God of truth.

Thou hatest those whose life is spent in vanity and in useless thoughts.

Enable me, O Lord, to put all my trust in Thee that I may be joyful in Thy mercy.

Thou hast so often regarded my weakness, and hast taken me out of the trouble to which sin has brought my soul.

Thou hast not left me in the hands of the enemy, but hast graciously

justitia tua libera me.

Inclina ad me au-rem tuam ; accele-ra, ut eruas me.

Esto mihi in De-um protectorem, et in domum refugii, ut salvum me fa-cias.

Quoniam fortitu-do mea et refugium meum es tu, et propter nomen tuum deduces me et enutries me.

Educes me de la-queo hoc, quem ab-sconderunt mihi ; quoniam tu es pro-tector meus.

In manus tuas commendo spiri-tum meum : redemisti me Domine Deus veri-tatis.

Odisti observan-tes vanitates super-vacue.

Ego autem in Domino speravi : exultabo et læta-bor in misericordia tua.

Quoniam respex-isti humilitatem meam : salvasti de necessitatibus ani-mam meam.

Nec conclusisti me in manibus inimici :

statuisti in loco  
spatioso pedes meos

Miserere mei Domine, quoniam tribulor; conturbatus est in ira oculus meus, anima mea et venter meus.

Quoniam defecit in dolore vita mea, et anni mei in gemitibus.

Infirmata est in paupertate virtus mea, et ossa mea conturbata sunt.

Super omnes inimicos meos factus sum opprobrium, et vicinis meis valde, et timor notis meis.

Qui videbant me, foras fugerunt a me: oblivioni datum sum tanquam mortuus a corde.

Factus sum tanquam vas perditum; quoniam audi vi vituperationem multorum commorantium in circuitu.

In eo, dum convenirent simul adversum me, accipere animam meam consiliati sunt.

Ego autem in te speravi Domine; dixi: Deus meus es tu, in manibus tuis sortes meæ.

## PSALM 30.

given me the freedom of the religious life in which to serve Thee.

Have mercy on me, O Lord, when I am in trouble. My eyes are often ready to weep in anger that I cannot keep away evil thoughts, and I am in distress both of body and soul.

For at such times my life seems worthless to me, and my soul can utter only complaints.

All my strength leaves me, and I can only beg as a poor man.

I feel as if all others reproach me, and that my neighbours blame me in their thoughts. Even my friends seem afraid of me.

All who see me seem to avoid me; I am as one dead for all the sympathy that is shown me.

I seem like a useless vessel which is thrown away; I take everything I hear as if it were blame cast at me.

Everyone seems to be against me, and to be consulting to bring me to nothing.

But I will put my trust in Thee, O Lord; I have acknowledged Thee as my God. My whole life is in Thy hands.

Do Thou save me from all my trouble and from all my enemies.

Let the light of Thy face shine upon Thy servant, and be ever merciful to me, O Lord. Let me never be put to shame when I call upon Thee.

Let the wicked who have tried to disturb my soul be put to shame, if it be Thy will; and let the evil spirits who have tried to cast me down be themselves sent back to hell. May all lying lips be silenced.

For they have spoken evil against Thy Just One in pride and in scorn.

O my Lord, how great is the multitude of Thy sweetness for all who truly reverence Thee!

Thou art ever bountiful to all who put their trust in Thee, giving them a great desire of perfection and ample means of obtaining it.

Thou shalt hide them in Thy loving Heart from all the disturbance around them.

Thou wilt give them the refuge of the cloister, whatever the world may say against them.

As for me, I will always bless Thee, O Lord, for Thy wonderful mercy in placing me in a fenced city, *i.e.*, my holy Order.

Eripe me de manu inimicorum meorum, et a persequentibus me.

Illustra faciem tuam super servum tuum; salvum me fac in misericordia tua: Domine non confundar, quoniam invocavi te.

Erubescant impii et deducantur in infernum: mutant labia dolosa.

Quae loquuntur adversus justum iniquitatem, in superbia et in abusione.

Quam magna multitudo dulcedinis tuæ Domine, quam abscondisti timentibus te.

Perfecisti eis, qui sperant in te, in conspectu filiorum hominum.

Abscondes eos in abscondito facie tuæ a conturbatione hominum.

Proteges eos in tabernaculo tuo a contradictione linguarum.

Benedictus Dominus, quoniam misericordavit misericordiam suam mihi in civitate munita.

## PSALM 31.

Ego autem dixi in excessu m e n t i s m e æ : Projectus sum a facie oculorum tuorum.

Ideo exaudisti vocem orationis meæ, dum clamarem ad te.

Diligite Dominum omnes sancti ejus ; quoniam veritatem requiret Dominus, et retribuet abundantier facientibus superbiam.

Viriliter agite, et confortetur cor vestrum, omnes qui speratis in Domino.

**BEATI**, quorum remissæ sunt iniquitates, et quorum tecta sunt peccata.

Beatus vir, cui non imputavit Dominus peccatum, nec est in spiritu ejus dolus.

Quoniam tacui, inveteraverunt ossa mea dum clamarem tota die.

Quoniam die ac nocte gravata est super me manus tua : conversus sum in ærumna mea, dum configitur spina.

And if at any time I should be cast down, because Thou seemest to have left me,

I will turn to Thee in prayer, and Thou wilt surely hear me.

Therefore, I will call upon all Thy servants to love Thee, O Lord, for Thy great faithfulness. I will leave to Thee all the proud spirits who try to bring discord into my life.

My soul will take courage, O Lord, and my heart will be made strong, for I stand ever with those who put their trust in Thee.

**Beati, quorum. Ps. 31.**

**H**OW happy are those, O Lord, whose sins Thou hast forgiven and covered in Thy Precious Blood !

He also is blessed in whose heart Thou seest no will to evil ; whose conscience is open and sincere, and in whose life there is no deceit.

There was a time when I could not speak to Thee, my God, and my sorrow was, as it were, eating into my very bones. I did nothing but complain all the day.

For Thy hand seemed heavy upon me ; there seemed to be always a thorn in my flesh, and I was never without anguish of mind.

But now, O my Lord, I have confessed my sins to Thee, without trying to excuse myself or hiding my baseness from Thee.

As soon as I had determined to be sincere with Thee, Thou didst at once forgive my sin.

May all who wish to serve Thee in holiness of life always entreat Thy help, for no time is unseasonable for turning to Thee.

Even in the stress of severe temptation I will call upon Thee, for temptations shall have no force against me if I turn immediately to Thee.

Thou art my refuge to which I can fly from all troubles which surround me. Thou art my joy in which I am secure against all my foes.

Speak to me, O Lord, these words ; I will give thee understanding, and I will instruct thee in the way thou shalt go ; I will fix Mine eyes upon thee.

I will not be unwilling to be led like horse or mule that have no understanding.

Do not, O Lord, treat me as these. Do not bind me with bit and bridle because I will not serve Thee, but make me attentive to Thy Word, and very faithful in obedience to Thee.

If I oppose Thee, O Lord, by my sin and my want of trust there is nothing

Delictum meum cognitum tibi feci,  
et injustitiam meam  
am non abscondi.

Dixi : Confitebor adversum me injustitiam meam Domino, et tu remisisti impietatem peccati mei.

Pro hac orabit ad te omnis sanctus in tempore opportuno.

Verumtamen in diluvio aquarum multarum ad eum non approximabunt.

Tu es refugium meum a tribulatione, quæ circumdedit me : exultatio mea, erue me a circumdantibus me.

Intellectum tibi dabo, et instruam te in via hac, qua gradieris, firmabo super te oculos meos.

Nolite fieri sicut equus et mulus, quibus non est intellectus.

In camo et fræno maxillas eorum constringe, qui non approximant ad te.

Multa flagella peccatoris ; sperantem autem in Domino

misericordia circumdabit.

Lætamini in Domino et exultate justi, et gloriamini omnes recti corde.

**EXULTATE** justi in Domino : rectos decet collaudatio.

Confitemini Domino in cithara : in psalterio decem chordarum psallite illi.

Cantate ei canticum novum : bene psallite ei in vociferatione.

Quia rectum est verbum Domini : et omnia opera ejus in fide.

Diligit misericordiam et judicium : misericordia Domini plena est terra.

Verbo Domini cœli firmati sunt ; et spiritu oris ejus omnis virtus eorum.

Congregans sicut in utre aquas maris : ponens in thesauris abyssos.

but punishment in store for me. Let Thy mercy be always about me.

Give me of the joy that comes from a desire for the perfection to which Thou hast called me, and give me a humble heart which is ever conformed to Thy will.

### **Exultate, justi. Ps. 32.**

**I**N my striving after perfection I must not be downhearted, but joyful in Thy service, O Lord.

I will praise Thee, my God, with all the powers Thou hast given me. I will lift up my voice in Thy praise, especially in the holy Office.

I will sing to Thee a new song, for I will give my heart more thoroughly to Thee day by day.

I will put great trust in Thy Word which is true with Thy eternal truth, and I will try to acknowledge as a gift from my most faithful friend all Thou sendest me, however hard it is to bear.

How upright and gracious hast Thou not been to me ! The earth is full of Thy goodness and mercy.

Thou art great and powerful, O Lord, the Creator of all things by Thy word.

Thou didst gather the waters together, and didst make great hollows for them to rest in.

Mindful of Thy greatness, I must be careful and reverent in Thy presence.

For by Thy word alone Thou didst create all things.

O Lord, I can trust in no counsel but Thine. Thou canst turn to folly the designs of men. The selfish designs of the rulers of the world Thou dost render of no avail.

Thy words alone endure for ever. I will listen to them, and the whisperings of Thy heart I will be careful to hear.

Bless me, O Lord, for I am Thy child. Thou art my Lord God; I am Thy inheritance, and Thou hast chosen me. Of myself I am worthless, but of great value if, by Thy grace, I am faithful to Thee.

Make me pleasing to Thee, O Lord, for I am always in Thy sight.

Make a home for Thyself in my heart. Look on me with Thy merciful eyes, my kind, loving Lord.

I will leave all judgment to Thee who knowest the hearts of men, for Thou alone dost understand.

No king can stand against Thee, nor

Timeat Dominum omnis terra : ab eo autem commo-  
veantur omnes in-  
habitantes orbem.

Quoniam ipse  
dixit, et facta sunt :  
ipse mandavit, et  
creata sunt.

Dominus dissipat  
consilia gentium ;  
reprobat autem co-  
gitationes populo-  
rum ; et reprobat  
consilia principum.

Consilium autem  
Domini in æter-  
num manet : cogi-  
tationes cordis ejus  
in generationem et  
generationem.

Beata gens, cuius  
est Dominus Deus  
ejus ; populus,  
quem elegit in ha-  
reditatem sibi.

De cœlo respexit  
Dominus : vident  
omnes filios homi-  
num.

De præparato ha-  
bitaculo suo, re-  
spexit super om-  
nes, qui habitant  
terræ.

Qui finxit singul-  
latim corda eo-  
rum : qui intelligit  
omnia opera eorum.

Non salvatur rex  
per multam virtu-  
tem : et gigas non

salvabitur in multitudine virtutis suæ.

Fallax equus ad salutem : in abundantia autem virtutis suæ non salvabitur.

Ecce oculi Domini super metuentes eum ; et in eis, qui sperant super misericordia ejus.

Ut eruat a morte animas eorum : et alat eos in fame.

Anima nostra sustinet Dominum ; quoniam adjutor et protector noster est.

Quia in eo lætabitur cor nostrum : et in nomine sancto ejus speravimus.

Fiat misericordia tua Domine supernos ; quemadmodum speravimus in te.

BENEDICAM Dominum in omni tempore : semper laus ejus in ore meo.

In Domino laudabitur anima mea : audiant mansueti et lætentur.

Magnificate Dominum mecum : et exaltemus nomen ejus in idipsum.

is any strength of worth unless it come from Thee.

Nothing can save me if I leave Thee, my God.

Give me a holy fear of Thee, my Lord, and a great trust in Thine infinite mercy. Cast Thine eyes upon me, and let me never forget Thy loving presence.

Then shalt Thou deliver me from sin, and shalt encourage me in the time of desolation.

I will wait with patience Thy good time, O my God. Thou alone art my helper and protector.

My heart will rejoice in Thee, for I will trust in Thy holy Name.

May Thy mercy, O Lord, be upon me, because I have hoped in Thee.

### **Benedicam Dominum. Ps. 33.**

I BLESS Thee, O my God, for allowing me to spend my time in singing Thy praises all the day.

Make me, O Lord, meek and humble of heart, and my soul shall rejoice in Thy glory.

I will magnify Thee, and pray that others may exalt Thy holy Name together with me.

I will seek Thee, Lord, till I find Thee ; I will speak to Thee, and Thou wilt hear and deliver me in the moment of trial.

I will come to Thee, Lord, and be enlightened, and with the strength of Thy grace I shall not be fearful before Thee.

I will come to Thee as one little and poor, and Thou wilt hear me and save me from my troubles.

To those who fear Thee with a loving fear Thou wilt send Thy angels to be constantly about them to deliver them.

O my Lord, give me to taste how sweet Thou art, and bless me for I trust in Thee.

A loving fear of Thee must be in my heart, that I may be reverent to Thee ; then Thou wilt be good to me, and I shall not be in need.

If I trust myself I shall be in want, and shall not taste the sweets of Thy converse. But if I seek Thee, O Lord, I shall not be deprived of any good.

I am Thy child by many titles. I will listen to Thee and Thou wilt guide me aright. Thou wilt instil all reverence into me.

I have longed for life, the full life of my soul. I will listen to Thee, my God, that I may secure the life I desire.

I must keep a guard on my tongue that it speak no evil, either against

Exquisivi Dominum, et exaudivit me : et ex omnibus tribulationibus meis eripuit me.

Accedite ad eum et illuminamini : et facies vestrae non confundentur.

Iste pauper clamavit, et Dominus exaudivit eum : et de omnibus tribulationibus ejus salvavit eum.

Immittet Angelus Domini in circuitu timentium eum, et eripiet eos.

Gustate et videte, quoniam suavis est Dominus : beatus vir, qui sperat in eo.

Timete Dominum omnes sancti ejus, quoniam non est inopia timentibus eum.

Divites eguerunt et esurierunt : inquirentes autem Dominum non minuentur omni bono.

Venite filii, audite me : timorem Domini docebo vos.

Quis est homo, qui vult vitam ? diligit dies videre bonos ?

Prohibe linguam tuam a malo ; et

labia tua ne loquuntur dolorum.

Diverte a malo,  
et fac bonum : inquire pacem, et persequere eam.

Oculi Domini super justos : et aures ejus in preces eorum.

Vultus autem Domini super facientes mala ; ut perdat de terra memoriam eorum.

Clamaverunt justi, et Dominus exaudiuit eos : et ex omnibus tribulacionibus eorum liberavit eos.

Juxta est Dominus iis, qui tribulato sunt corde : et humiles spiritu salvabit.

Multae tribulaciones justorum : et de omnibus his liberabit eos Dominus.

Custodit Dominus omnia ossa eorum : unum ex his non conteretur.

Mors peccatorum pessima : et qui oderunt justum, delinquent

Redimet Dominus animas servorum suorum : et non delinquent omnes, qui sperant in eo.

Thee by murmuring, or against my neighbour by hasty judgment.

I will turn away from evil with Thy help, my God ; and I will do all the good Thou layest to my hand, so that I may seek peace and pursue it.

Thine eyes, O Lord, will be upon me if I am upright. Thine ears will be attentive to my prayers.

Thine anger will be roused against me if I commit wilful sin. Thou wilt act as if Thou hadst forgotten my existence.

Thou wilt hear the cry of a righteous heart, and deliver me from all trouble.

Thou, O my God, art very near me when I sorrow for my sin ; and when I am humble I may safely trust in Thee.

When troubles come upon me I may still trust Thee ; Thou wilt be good to me.

Thou wilt have care of me that no harm befall me.

If I lose hope in Thee, my God, misfortune will make me sad.

But if I trust in Thee, Thou wilt guard me, and wilt not leave me an orphan and desolate, but Thou wilt Thyself console me and comfort me.

**Judica, Domine. Ps. 34.**

**O** LORD, take up the cause of Thy Church against the enemies which assail it, and the cause of my soul against all that oppose my religious life.

Be to me a strong defence, lending me the arms I need to make me safe against attack.

O my God, stand in front of me and break the force of the attack upon me. Let me know that Thou art my salvation.

Reduce to shame the enemies of Thy Church as Thou hast so often in the past confounded the enemy of souls.

Let those who think evil of Thy Church and Thy holy ones be turned back from their purpose, and let them be ashamed.

If they persist in their evil ways do Thou reduce them to dust, which has no power to do harm, and let Thy holy angels pursue them.

How terrible, O Lord, is the state of those who wilfully sin against Thee. Darkness blinds the eyes, and there is no firmness for the feet. The soul is driven in much terror by Thy angels. Save me from such a state.

Alas ! I have given the enemies of my soul many opportunities of bringing me to ruin. O Lord, grant that for the future I may give them no assistance.

In Thy mercy save me from all the

JUDICA Domine no-  
centes me : expug-  
na impugnantes me.

Apprehende arma  
et scutum : et ex-  
urge in adjutorium  
mihi.

Effunde frameam,  
et conclude adver-  
sus eos, qui perse-  
quentur me ; dic  
animæ meæ : Salus  
tua ego sum.

Confundantur et  
revereantur quæ-  
rentes animam me-  
am.

Avertantur retror-  
sum et confundan-  
tur, cogitantes mihi  
mala.

Fiant tanquam  
pulvis ante faciem  
venti : et Angelus  
Domini coarctans  
eos.

Fiat via illorum  
tenebræ et lubri-  
cum : et Angelus  
Domini persequens  
eos.

Quoniam gratis  
absconderunt mihi  
interitum laquei  
sui : supervacue  
exprobraverunt an-  
imam meam.

Veniat illi laque-  
us, quem ignorat;  
et captio, quam

abscondit, apprehendat eum : et in laqueum cadat in ipsum.

Anima autem mea exultabit in Domino, et delectabitur super salutari suo.

Omnia ossa mea dicent : Domine, quis similis tibi ?

Eripiens inopem de manu fortiorum ejus ; egenum et pauperem a diripientibus eum.

Surgentes testes iniqui, quæ ignorabam, interrogabant me.

Retribuebant mihi mala pro bonis, sterilitatem animæ meæ.

Ego autem, cum mihi molesti essent, induebar cilicio.

Humiliabam in jejunio animam meam : et oratio mea in sinu meo converteretur.

Quasi proximum et quasi fratrem nostrum, sic complacebam : quasi lugens et contristatus, sic humiliabar.

snares of the evil one. May he be caught and confounded by his own temptation.

Do Thou, O Lord, allow me to have the joy of escape, and to rejoice in Thee who wilt save me.

I shall be drawn closer to Thee, Lord, by Thy kind protection. May I ever esteem Thee above all, for there is none like unto Thee.

Thou deliverest my poor soul from the strong assaults of the devil, against whom I am unable to stand if Thou help me not. He strives to rob me of all Thou hast given me.

He is ever ready to fill my conscience with anxiety.

His seeming friendship brings me nothing but evil. He would make my soul incapable of any good action.

At least, I can take up the mortification of my flesh when the spirits of darkness molest me with evil thoughts.

I will with Thy help, my God, humble myself and restrain my appetite. Humility and mortification will, by Thy grace, free me from the wiles of the devil. I will bow myself down in prayer to Thee from whom all strength will come to me.

In my youth I behaved as if the evil one was my friend, but now I am humbled and in grief for all my folly.

All the time the devil rejoiced, thinking he held me safely. I find now that my foolish and sinful ways were preparing torment for me as I grew older.

Even then, O Lord, Thou didst drive the evil spirits away from me at times, but they came back as soon as I had left Thy protection. They dealt with me as if I were unable to resist.

O Lord my God, cast Thine eyes upon me. Bring back my soul from the lamentable state to which their malice had reduced it. I have nothing to return to Thee till my soul is my own again.

I will thank Thee in the holy choir. I will unite myself to Thy army—Thy faithful—and praise Thee in the name of the whole Church.

Let not Thine enemies have any reason for rejoicing over me again, O Lord, or of scorning my weakness. Let them know that Thou art near to help me.

The evil spirits told me that negligence would do me no lasting harm, but I know now how falsely they spoke.

Even then they were ready to confuse me with the noise they made in my heart, but now they bring to my mind every folly of the past.

Thou also wast present, Lord, for Thou seest all things. Speak now, Lord, and let mine enemies know that

Et aduersum me  
laetati sunt et con-  
venerunt : congrega-  
ta sunt super me  
flagella, et ignoravi.

Dissipati sunt nec  
compuncti : tenta-  
verunt me, subsan-  
naverunt me, sub-  
sannatione : fren-  
duerunt super me  
dentibus suis.

Domine quando  
respies ? restitue  
animam meam a  
malignitate eorum :  
a leonibus unicam  
meam.

Confitebor tibi in  
ecclesia magna : in  
populo gravi laud-  
abo te.

Non supergaude-  
ant mihi, qui ad-  
versantur mihi ini-  
que : qui oderunt  
me gratis et annu-  
unt oculis.

Quoniam mihi qui-  
dem pacifice loque-  
bantur : et in ira-  
cundia terrae lo-  
quentes, dolos co-  
gitabant.

Et dilataverunt  
super me os su-  
um ; dixerunt :  
Euge, euge, vide-  
runt oculi nostri.

Vidisti Domine,  
ne sileas ; Domine

ne discedas a me.

Exurge et intende  
judicio meo, Deus  
meus et Dominus  
meus, in causam  
meam.

Judica me secun-  
dum justitiam tu-  
am Domine Deus  
meus, et non super-  
gaudeant mihi.

Non dicant in  
cordibus suis : Euge,  
euge, animæ  
nostræ ; nec di-  
cant : Devoravi-  
mus eum.

Erubescant et re-  
vereantur simul,  
qui gratulantur ma-  
lis meis.

Induantur confusio-  
nem et reverentia,  
qui magna loquun-  
tur super me.

Exultent et lætentur,  
qui volunt justiti-  
am meam ; et  
dicant semper :  
Magnificetur Domi-  
nus, qui volunt pa-  
cem servi ejus.

Et lingua mea  
meditabitur justiti-  
am tuam ; tota  
die laudem tuam.

DIXIT injustus, ut  
delinquat in seme-  
tipso : non est tim-  
or Dei ante oculos  
eius.

Thou hast consented to stay by me to  
protect me.

Too long have I delayed to call upon  
Thee. My Lord and my God, take  
up my cause now. I commit all to  
Thee.

Remember, O Lord, that my cause  
is Thine, for Thou hast taken it up by  
condescending to become my brother,  
my helper.

Let not the evil spirits have any  
more part in me, nor let them take me  
down to themselves in hell.

Bring shame upon the evil one for  
all the evil he has wrought against  
me.

Let him be brought to shame for all  
his evil inspirations to me.

But let all who love Thy justice be  
glad and rejoice, because Thou hast  
taken me up and consoled me. Let  
them magnify Thy name, O Lord, for  
that Thou hast made me long to bring  
glory to Thee.

Then I will keep in my heart the  
desire of perfection, and sing Thy  
praises all the day long.

**Dixit injustus. Ps. 35.**

THE sinner flatters himself that  
Thou, Lord, wilt take no notice  
of his sin.

Yet he is ever deceitful in Thy sight,  
and the end of his sin is that Thy love  
is turned away from him.

He even speaks evil against Thee,  
and pretends a reverence for Thee  
which he does not feel. He is wise in  
his own conceits, but in Thy sight he  
is ignorant and foolish.

He is never content with his own  
sin, but goes from bad to worse, and  
all evil becomes possible to him.

Yet Thy mercy and kindness are  
manifest to all, and Thy truth, in  
which we may have full confidence,  
is plainly before our eyes.

Thy justice, O God, is as evident as  
the mountains. The certainty of Thy  
judgments is as terrible as the sea.

Thy bounty, O Lord, is manifest in  
the beasts of the earth which Thou  
feedest, and in men whom Thou lovest  
so tenderly there is no end to Thy  
mercy, O my good God !

The children of men may confi-  
dently trust Thee. They will be safe  
under Thy loving protection.

It is in Thy Church Thou prin-  
cipally shovest Thy kindness, satisfying  
hearts with abundant graces, and  
showing Thy children in what their  
true pleasure consists.

For Thou, my Lord, art the fount  
of true life, and in the light of Thy face  
I hope to see Thee, the true Light.

Quoniam dolose  
egit in conspectu  
ejus ; ut inveniatur  
iniquitas ejus ad  
odium.

Verba oris ejus  
iniquitas et dolus :  
noluit intelligere, ut  
bene ageret.

Iniquitatem me-  
ditatus est in cubili  
suo ; astitit omni  
viæ non bonæ :  
malitiam autem  
non odivit.

Domine in cœlo  
misericordia tua, et  
veritas tua usque  
ad nubes.

Justitia tua sicut  
montes Dei : judi-  
cia tua abyssus  
multa.

Homines et ju-  
menta salvabis Do-  
mine ; quemadmo-  
dum multiplicasti  
misericordiam tu-  
am Deus.

Filiī autem ho-  
minum in tegmine  
alarum tuarum  
sperabunt.

Inebriabuntur ab  
ubertate domus  
tuæ : et torrente  
voluptatis tuæ po-  
tabis eos.

Quoniam apud te  
est fons vitæ : et  
in lumine tuo vide-  
bimus lumen.

Prætende misericordiam tua a m  
scientibus te : et  
justitiam tuam his,  
qui recto sunt  
corde.

Non veniat mihi  
pes superbiae, et  
manus peccatoris  
non moveat me.

Ibi ceciderunt, qui  
operantur iniq[ue]uitatem : expulsi sunt,  
nec potuerunt stare.

**NOLI** æmulari in  
malignantibus, ne  
que zelaveris faci-  
entes iniq[ue]itatem.

Quoniam tanquam  
fœnum velociter a-  
resent, et quem-  
admodum olera her-  
barum cito deci-  
dent.

Spera in Domino,  
et fac bonitatem,  
et inhabita terram,  
et pasceris in divi-  
tiis ejus.

Delectare in Do-  
mino, et dabit tibi  
petitiones cordis  
tui.

Revela Domino  
viam tuam, et  
spera in eo, et ipse  
faciet.

Et educet quasi  
lumen justitiam tu-  
am, et judicium tu-  
um tanquam meridi-  
diem : subditus

## PSALM 36.

Stretch forth Thy mercy and let us  
know Thee more clearly. Make me  
pleasing to Thee by the sincerity of my  
love of Thee.

Let no one who is not Thy humble  
child come against me to take away  
my peace. Let not any sinner disturb  
me from the rest I have found in Thee.

Thou wilt see that the workers of  
iniq[ue]ity shall have no power to harm  
me. Thou wilt cast them out. They  
cannot stand against Thee.

### **Noli æmulari. Ps. 36.**

**T**HOU, O my Lord, wishest me not  
to lose heart, because evil doers  
seem to prosper.

For all their prosperity is short  
lived, but the goods Thou offerest to  
Thy servant are eternal.

Therefore, I will live in hope,  
cleaving to a good life, for the home  
Thou offerest me is in heaven, and  
Thy riches shall never fail.

With my whole heart I will seek my  
joy in Thee, O Lord, for Thou alone  
canst satisfy my desires.

I will be open and sincere with Thee,  
relying on Thee that Thou wilt, by  
Thy grace, fulfil Thy will in me.

Thou wilt allow me to advance in  
Thy love which is my only justice, and  
make me always follow Thy will which  
is my only true judgment. I will be

obedient to Thee and open my heart to Thee in prayer.

I will no longer esteem earthly prosperity, for without Thee it is always accompanied by evil.

I will bridle my temper, and strive to keep myself from desiring any evil.

For if I seek to do evil I am in danger of punishment from Thee, but if I wait in patience and continue to trust in Thee Thou wilt see that I have a lasting reward.

The time of the wicked is very short here, and nothing will be left to mark their prosperity ;

But the meek who hope in Thee, O Lord, shall be in joy and peace for ever.

Sinners may do what they will to annoy the good ;

But Thou, O Lord, wilt laugh at all their attempts, for Thou seest all time, and Thou knowest how completely sin will be punished.

Sinners use all external means to dismay the good ;

They jeer at the poverty and earthly distress of the saints ;

esto Domino, et ora eum.

Noli æmulari in eo, qui prosperatur in via sua, in homine faciente in justias.

Desine ab ira, et derelinque furem : noli æmulari, ut maligneris.

Quoniam, qui malignantur, exterminabuntur : sustinentes autem Dominum, ipsi hæreditabunt terram.

Et adhuc pusillum, et non erit peccator : et quæres locum ejus, et non invenies.

Mansueti autem hæreditabunt terram, et delectabuntur in multitidine pacis.

Observabit peccator justum, et stridet super eum dentibus suis.

Dominus autem irridebit eum ; quoniam prospicit, quod veniet dies ejus.

Gladium evaginaverunt peccatores : intenderunt arcum suum.

Ut dejiciant pauperem et inopem, ut trucident rectos corde.

Gladius eorum intret in corda ipsorum, et arcus eorum confringatur.

Melius est modicum justo super divitias peccatorum multas.

Quoniam brachia peccatorum contrentur : confirmat autem justos Dominus.

Novit Dominus dies immaculatorum ; et haereditas eorum in æternum erit.

Non confundentur in tempore malo ; et in diebus famis saturabuntur ; quia peccatores peribunt.

Inimici vero Domini, mox ut honorificati fuerint, et exaltati, deficientes quemadmodum fumus deficient.

Mutuabitur peccator et non solvet : justus autem miseretur et tribuet.

Quia benedicentes ei haereditabunt terram : maledicentes autem ei disperibunt.

Apud Dominum gressus hominis di-

## PSALM 36.

But Thou, O Lord, wilt turn all their cruelty upon themselves. Thou wilt show how worthless are their attempts to annoy Thy holy ones.

A little is far better for a just man, for he can have contentment in the enjoyment of it, than great riches are to the wicked, which often bring only remorse.

For the wicked stand alone, without Thee, and they are speedily destroyed ; but the just are under Thy protection and stand firmly.

Thou, my Lord, hast regard to the eternal peace of the innocent.

They shall not be cast down when temporal evils come upon them. Thou wilt see that they are not tried beyond their strength ; but the wicked shall have no hope.

The honour of this world, which is at times given to the wicked, is as worthless as smoke.

The sinner can not be trusted ; he will repudiate his just debts ; but the good man will have mercy, and would rather give out of his want.

They that bless Thee shall be remembered by Thee, but they that abuse Thee Thou wilt destroy.

Every step of those who will to serve Thee is under Thy kind guidance,

and Thou wilt see that it is pleasing to Thee.

Even when I fall I shall not be hurt, for Thy kind hand will be stretched out to support me.

This is the experience of all who look with loving eyes on Thy kind providence, that the good are under Thy protection.

Thou, Lord, wouldst have me very merciful and kind to others because of Thy mercy to me. Make me like to Thyself in kindness, and bless all who strive to follow Thee in mercy.

#### **Division of Ps. 36 in Benedictine Breviary.**

**G**RANT me then that I turn from evil and join myself to Thee, that Thou mayest give me an everlasting dwelling with Thee in heaven.

For Thou wilt most surely be just to Thy servants, and never forsake them if they try to follow in Thy footsteps. Thou hast prepared heaven for their reward.

On the other hand, those who will not serve Thee will most certainly be punished, and there shall remain nothing of all their works.

Thy servants who give Thee what is Thine, their faithful service, shall have a possession which will last for all eternity, and they shall dwell with Thee for ever in heaven.

Therefore, whilst I am here let me fill my heart with Thy wisdom and speak the praise of Thy just judgments.

rigentur, et viam ejus volet.

Cum ceciderit, non collidetur, quia Dominus supponit manus suam.

Junior fui, etenim senui, et non vidi justum derelictum, nec semen ejus quærens panem :

Tota die miseretur et commodat ; et semen illius in benedictione erit.

DECLINA a malo, et fac bonum, et inhabita in sæculum sæculi :

Quia Dominus amat judicium ; et non derelinquet sanctos suos : in æternum conservabuntur.

Injusti punientur, et semen impiorum peribit.

\

Justi autem hæreditabunt terram, et inhabitabunt in sæculum sæculi super eam.

Os justi meditabitur sapientiam, et lingua ejus loquetur judicium.

## PSALM 36.

Lex Dei ejus in corde ipsius : et non supplantabuntur gressus ejus.

Considerat peccator justum, et quærit mortificare eum.

Dominus autem non derelinquet eum in manibus ejus ; nec damna-bit eum, cum judicabitur illi.

Expecta Dominum, et custodi viam ejus ; et exaltabit te, ut hæreditate capias terram : cum perierint peccatores, vi-debis.

Vidi impium superexaltatum, et elevatum sicut cedros Libani :

Et transivi, et ecce non erat ; et quæsivi eum, et non est inventus locus ejus.

Custodi innocentiam, et vide æquitatem ; quoniam sunt reliquiæ homini pacifico.

Injusti autem disperibunt simul : reliquiæ impiorum interibunt.

Salus autem ius-torum a Domino, et protector eorum in tempore tribulationis.

Let Thy law be in my heart, O my God, and by Thy grace may my feet be firm to walk in Thy love.

For though the wicked shall watch his opportunity, and strive to ruin all the good he finds on earth,

Thou, O Lord, wilt not abandon me, nor wilt Thou be hard on me in the Day of Judgment.

I must be content to wait for Thy time, Lord, for Thy promise is firm, that if I am faithful I shall remain in Thy love.

The whole history of man proclaims that though Thou dost sometimes allow the sinner to be exalted for our trial,

He shall surely be brought down, and remembered only as a by-word.

That I may be Thine for ever, O Lord, I will value a pure heart, and keep my eyes on the perfection to which Thou hast called me.

Sinners will go down together to eternal perdition, for they trust in themselves.

But the innocent shall be saved by Thy grace, O Lord. Thou wilt never forsake them.

Thou wilt give them help and deliverance, and Thou wilt save them from the persecutions of sinners. Thou wilt bring them to Thyself because of their trust in Thee.

**Domine, ne in furore. Ps. 37.**

**O**LORD, I acknowledge that I deserve all the punishment Thou canst send me, but I pray Thee be no longer angry with me ;

For I have suffered much because of my sin and my neglect of Thee. The wounds are still with me, and the difficulties of my following Thee seem hard to me at times.

I am not as one in full health and able to avoid Thine anger. I have not the peace I desire, for my sins have made me down-hearted.

My past sins have darkened the clearness of my judgment ; they are always with me, keeping me from any free movement towards Thee.

I now hate my sins, for they are noisome to me. They remind me of folly in the past, and warn me of weakness.

My sins make me very miserable. They oppress me and fill me with sorrow.

For my flesh has been to me a snare ; it has lost its subjection to Thy will in which its only health is found.

Et adjuvabit eos Dominus, et liberabit eos ; et eruet eos a peccatoribus, et salvabit eos ; quia speraverunt in eo.

DOMINE ne in furore tuo arguas me, neque in ira tua corripias me :

Quoniam sagittæ tuæ infixæ sunt mihi, et confirmasti super me manum tuam.

Non est sanitas in carne mea a facie iræ tuæ ; non est pax ossibus meis a facie peccatorum meorum :

Quoniam iniquitates meæ supergresæ sunt caput meum, et sicut onus grave gravatæ sunt super me.

Putruerunt et corruptæ sunt cicatrices meæ, a facie insipientiæ meæ.

Miser factus sum, et curvatus sum usque in finem : tota die contristatus ingrediebar.

Quoniam lumbi mei impleti sunt illusionibus, et non est sanitas in carne mea.

## PSALM 37.

Afflictus sum et humiliatus sum nimis ; rugiebam a gemitu cordis mei.

Domine ante te omne desiderium meum, et gemitus meus a te non est absconditus.

Cor meum conturbatum est, dereliquit me virtus mea, et lumen oculorum meorum, et ipsum non est mecum.

Amici mei et proximi mei adversum me approxinquarent et steterunt.

Et qui juxta me erant, de longe steterunt ; et vim faciebant, qui quærebant animam meam.

Et qui inquirebant mala mihi, locuti sunt vanitates, et dolos tota die meditabantur.

Ego autem tanquam surdus non audiebam, et sicut mutus non aperiens os suum.

Et factus sum sicut homo non audiens, et non habens in ore suo redargutiones.

Quoniam in te Domine speravi ;

I am justly afflicted, O Lord ; do Thou grant me a humble heart, and let me cry out my contrition to Thee.

Lord, all my desire is before Thee, for Thou knowest I want to be free from sin ; my sorrow has appealed to Thee to hear me.

My heart is in trouble, for it fails in its love for Thee, my good God ; my strength which might have kept me in Thy love is become weakness, because I neglected Thy graces, and the light which might have been given to me is obscured by past sins.

It has appeared to me that my friends and neighbours hindered and opposed me,

Those from whom I might have expected consolation, even Thy angels and saints, have seemed so far away ; and my enemies, the evil spirits, grew violent against me.

They have whispered evil thoughts and all manner of lies to me.

My only defence was to be as if I were deaf, and to hold my tongue as if I were dumb.

I had to be as if I heard not, and knew not how to make any answer.

My only consolation is my hope in Thy mercy, O Lord my God, and the

firm belief That Thou wilt hear my prayer.

I long to do this service for Thee, that the evil one may have no reason to rejoice in my conduct.

I have suffered much in mind and body, and my punishment has brought sorrow to my heart.

I will gladly declare my sin and keep it before my mind.

My enemies still glory over me. O my Lord, let them not rejoice in the end.

I shall have to bear abuse and misunderstanding if I try to live a good life.

Forsake me not, O Lord my God, and all will be well with me.

Listen to my prayer, O Lord, and send me help from Thine own heart, Thou God of my salvation.

**Dixi, custodiam. Ps. 38.**

O LORD my God, I turn to Thee. Let me see the necessity for restraint, especially in the use of my tongue.

tu exaudies me  
Domine Deus meus.

Quia dixi : Ne quando supergaudeant mihi inimici mei ; et dum commoventur pedes mei, super me magna locuti sunt.

Quoniam ego in flagella paratus sum : et dolor meus in conspectu meo semper.

Quoniam iniquitatem meam annuntiabo : et cogitabo pro peccato meo.

Inimici autem mei vivunt, et confirmati sunt super me, et multiplicati sunt qui oderunt me inique.

Qui retribuunt mala pro bonis, detrahebant mihi, quoniam sequebar bonitatem.

Ne derelinquas me Domine Deus meus, ne discesseris a me.

Intende in adiutorium meum, Domine Deus salutis meæ.

DIXI : Custodiam vias meas, ut non delinquam in lingua mea.

Posui ori meo custodiam, cum consisteret peccator ad versum me.

Obmutui et humiliatus sum et silua bonis, et dolor meus renovatus est.

Concaluit cor meum intra me; et in meditatione mea exardescet ignis.

Locutus sum in lingua mea: Notum fac mihi Domine finem meum.

Et numerium diorum meorum, quis est, ut sciam, quid desit mihi.

Ecce mensurabiles posuisti dies meos; et substantia mea tanquam nihilum ante te.

Verumtamen universa vanitas, omnis homo vivens.

Verumtamen in imagine pertransit homo: sed et frustra conturbatur.

Thesaurizat, et ignorat, cui congregabit ea.

Et nunc quae est expectatio mea, nonne Dominus?

Make me to see the necessity of care in speaking to those who wish to belittle my vocation.

Hence, I take upon myself the discipline of silence; even with regard to good and pious subjects I will prefer silence. It will be more pleasing to Thee, my God, to suffer in silence rather than to speak in self-defence.

Though my heart is on fire to make answer, I will find peace in silence.

I will speak with Thee, my Lord, of the end of all my striving, *i.e.*, the complete submission to Thee, and of the consequent joy with Thee in heaven.

Keep before my mind the shortness of this present life, and the best way to use what remains of it in Thy service.

Such considerations reveal the shortness of life, and the worthlessness before Thee of all that I can gain in this world.

For not only are all things merely vanity, but the intercourse with my brethren appears of little use.

For I am as an actor on a stage, and my disquiet leads to nothing.

It is better to see only Thee, my God, who art my treasure, the self-same for ever, and whose love means so much to me.

This silence and consideration of Thee, my God, teach me that my only

good is in Thee, and the only substance that is worth striving for is Thyself.

I am not fit to seek Thee and enjoy Thee till my sins are taken away. Deliver me from them, O Lord. I have suffered reproach even from the foolish because of my sins.

I recognise, Lord, that Thou hast brought these and other pains upon me because of my sins, and I wish to be silent and not to defend myself. Do Thou now remove from me my sufferings.

It is Thy hand which has punished me.

Now that I recognise that this punishment is from Thee, I will not be disturbed;

But I will cry to Thee to hear me and have regard to my tears of repentance.

O my Lord, speak to my heart and be not silent. Do not treat me as a stranger, for I am only a traveller here as all men are.

Refresh me before I come to Thee. Let me know that Thou hast accepted me and that Thou lovest me.

#### **Expectans expectavi. Ps. 39.**

**O** MY Lord, grant that I may patiently and constantly put my trust in Thee. Thou art good to listen to me.

et substantia mea apud te est.

Ab omnibus ini-  
quitatibus meis  
erue me : oppro-  
brium insipienti de-  
disti me.

Obmutui et non  
aperui os meum,  
quoniam tu fecisti :  
amove a me pla-  
gas tuas.

A fortitudine manus tuæ ego defeci  
in increpationibus :  
propter iniqüita-  
tem corripuisti ho-  
minem.

Et tabescere fe-  
cisti sicut araneam  
animam ejus : ve-  
rumtamen vane  
conturbatur omnis  
homo.

Exaudi orationem  
meam Domine, et  
deprecationem me-  
am : auribus per-  
cipe lacrymas meas.

Ne sileas, quoni-  
am advena ego  
sum apud te et  
peregrinus, sicut  
omnes patres mei.

Remitte mihi, ut  
refrigerer, prius-  
quam abeam, et  
amplius non ero.

EXPECTANS expec-  
tavi Dominum, et  
intendit mihi.

Et exaudivit preces meas, et eduxit me de lacu misericordiae, et de luto fæcis.

Et statuit super petram pedes meos, et direxit gressus meos.

Et immisit in os meum canticum novum, carmen Deo nostro.

Videbunt multi et timebunt, et sperabunt in Domino.

Beatus vir, cuius est nomen Domini spes ejus ; et non respxit in vanitates et insanias falsas.

Multa fecisti tu Domine Deus meus mirabilia tua ; et cogitationibus tuis non est qui similis sit tibi.

Annuntiavi et locutus sum : multiplicati sunt super numerum.

Sacrificium et oblationem noluisti ; aures autem perfecisti mihi.

Holocaustum, et pro peccato non postulasti, tunc dixi : Ecce venio.

In past difficulties Thou hast heard my prayer, and hast mercifully brought me out of sin and shame by allowing me time to repent.

Thou hast made my feet safer by bringing me into religion, and guiding my steps by the holy Rule.

Thou hast allowed me to sing to Thee in the choir, and to join the angels who hymn Thy praises for ever.

May other hearts be attracted to the same life, serving Thee with reverence, and putting their trust in Thee.

Thou, O Lord, blessest all who hope in Thee, and who turn their eyes from the vanities of the world, and the deceitful follies which engage so many worldlings.

In all time Thou hast been wonderful in the use Thou hast made of weak men such as I am. The designs Thou hast for souls are beyond all that we could conceive.

Thou hast allowed me though worthless to manifest Thy goodness to others, and there are many like to me who could do nothing if it were not for Thy favour.

Thou art not pleased with sacrifice unless our ears are perfected so that they may hear Thy will and be completely submissive.

The sacrifices of the Old Law were not pleasing to Thee, and therefore Thou Thyself didst come to us to show us the way of obedience.

Thou hast in prophecy promised the example of a perfect life, and now Thou has shown us in what that perfection consists, *i.e.*, in the most complete submission to the will of the Father. By Thy grace I have accepted this Thy example, and undertaken the life of obedience. My God, keep Thy law in my heart.

Make me earnest to show forth Thy justice among my brethren, *i.e.*, to take a high view of the life to which Thou hast called me. Thou knowest, Lord, my good will. It is Thy gift.

Let me not be silent when there is need to speak in Thine honour, which is likely to be forgotten by the following of worldly or material ways.

Nor let me hide the mercy Thou hast shown to me when I am praised for my life, for all the good I have is owing to Thy mercy.

Take not from me, O my Lord, Thy kind mercies, without which I should have fallen away from Thee even more often than I have done.

For there are many enemies of my soul. My sins of the past have left blindness in mine eyes, so that I cannot at times see Thy holy will clearly.

My difficulties are so numerous that at times my heart almost fails me.

In capite libri scriptum est de me, ut facerem voluntatem tuam : Deus meus volui, et legem tuam in medio cordis mei.

Annuntiavi justitiam tuam in ecclesia magna ; ecce labia mea non prohibeo : Domine tu scisti.

Justitiam tua non abscondi in corde meo : veritatem tuam et salutare tuum dixi.

Non abscondi misericordiam tuam et veritatem tuam a concilio multo.

Tu autem Domine ne longe facias miserationes tuas a me: misericordia tua et veritas tua semper suscepserunt me.

Quoniam circumdederunt me mala, quorum non est numerus : comprehenderunt me iniquitates meæ, et non potui, ut videarem.

Multiplicatae sunt super capillos capitum mei : et cor meum dereliquit me.

Complaceat tibi  
Domine, ut eruas  
me : Domine ad  
adjuvandum me  
respice.

Confundantur et  
revereantur simul,  
qui quærunt ani-  
mam meam ut au-  
ferant eam.

Convertantur re-  
trorsum et revere-  
antur, qui volunt  
mihi mala.

Ferant confestim  
confusionem suam,  
qui dicunt mihi :  
Euge, euge.

Exultent et læ-  
tentur super te om-  
nes quærentes te,  
et dicant semper :  
Magnificetur Domi-  
nus, qui diligunt  
salutare tuum.

Ego autem men-  
dicus sum et pau-  
per : Dominus soli-  
citus est mei.

Adjutor meus et  
protector meus tu  
es, Deus meus ne  
tardaveris.

**BEATUS**, qui intel-  
ligit super egenum  
et pauperem : in  
die mala liberabit  
eum Dominus.

Dominus conser-  
vet eum, et vivifi-  
cat eum, et beatum  
faciat eum in terra,

Come Thou to mine aid, O Lord ;  
look upon me and help me.

In Thy kindness take from the evil  
spirits their power to hurt me.

Drive them back to their prison, for  
they will not cease to plot against  
me.

They are ready to mock Thee, O  
Lord, when they gain any advantage  
over me.

May I rejoice in Thee, because I have  
sought Thee, my only good. I will  
praise Thee and give all thanks to  
Thee.

It is enough for me if Thou allow  
me to be poor and in want, that I  
may know how careful Thou art for  
my good.

Thou, O Lord my God, art my only  
helper and sure protector. Do not  
leave me lest I fall.

### **Beatus qui intelligit. Ps. 40.**

**G**IVE me, O Lord, a heart that can  
pity the poor and all who are in  
distress, for I know that Thou wilt  
pity me when I am in need.

Take care of me, my loving Lord,  
and let me have a vigorous religious  
life.

In thy kindness bless me and guard me from all danger.

Comfort me in sorrow, Lord, and turn my sorrow to joy in Thee.

I cry to Thee, Lord, for mercy.  
Heal my soul wounded by my sins.

The evil spirits who strive to make me sin against Thee have done their utmost to bring my soul to death.

They have whispered evil within my heart, and have kept before me all the sins of my youth.

They have brought temptation upon me from without.

They have pestered me with evil thoughts ; they have left me no peace.

They have tried to make me despair, because I have sinned against Thee.

And even my friends have dealt hardly with me, and by their severe judgment made me still more down-hearted.

et non tradat eum in animam inimicorum ejus.

Dominus opem ferat illi super lectum doloris ejus : universum stratum ejus versasti in infirmitate ejus.

Ego dixi : Domine miserere mei ; sana animam meam, quia peccavi tibi.

Inimici mei dixerunt mala mihi : Quando morietur, et peribit nomen ejus ?

Et si ingrediebatur, ut videret, vana loquebatur : cor ejus congregavit iniquitatem sibi.

Egrediebatur foras, et loquebatur in idipsum.

Adversum me surrabant omnes inimici mei : adversum me cogitabant mala mihi.

Verbum iniquum constituerunt adversum me : Numquid qui dormit, non adjiciet, ut resurgat ?

Etenim homo pacis meæ, in quo speravi, qui edebat panes meos, magnificavit super me supplantationem.

Tu autem Domine miserere mei et resuscita me, et retribuam eis.

In hoc cognovi,  
quoniam voluisti  
me, quoniam non  
gaudebit inimicus  
meus super me.

Me autem propter  
innocentiam suscepisti, et confirmasti me in conspectu tuo in aeternum.

Benedictus Dominus Deus Israel a sæculo et usque in sæculum. Fiat fiat.

**QUEMADMODUM**  
desiderat cervus ad  
fontes aquarum, ita  
desiderat anima  
mea ad te Deus.

Sitivit anima mea  
ad Deum fortē  
vivum, quando  
veniam et apparebo  
ante faciem Dei?

Fuerunt mihi lacrymæ meæ panes  
die ac nocte, dum  
dicitur mihi quotidiæ : Ubi est Deus  
tuus?

Hæc recordatus  
sum, et effudi in  
me animam meam;

## PSALM 41.

But I look to Thee, Lord, to support me by Thy mercy. Let me rise even to Thee on the wings of Thy mercy and forgiveness. Then I shall be able to put aside all my low spirits, and overcome my despair.

My consolation is the joy Thou hast given me in my confidence in Thy mercy.

I know that I may hope to be united to Thee, and to have a share in Thine innocence. Set me firmly in Thy presence, O my God, that I may never forget Thee.

Blessed be Thou, my Lord and my God, because of Thy mercy to me. Grant that I may love Thee with my whole heart for ever and ever. Amen.

### **Quemadmodum desiderat. Ps. 41.**

**O** MY God, would that I longed for Thee as the hart longs for the springs of water, for Thou art the living water that alone can satisfy my thirsty soul !

Would that I did thirst for Thee, Thou strong living God ! Would that my only thought was how I could come to Thee and stand before Thy face !

Give me tears to weep when I see the little faith in Thee there is in the world.

When I hear of this grievous infidelity, I am consoled by the thought that there are some few who still know

Thee and serve Thee in the choir, at the altar, and in Thy house, the holy Church.

I remember the voice of joy and praise in the choir, and the joy of the great feasts of the Church.

Well may I say to my soul—Why art thou sad and cast down? All is not lost though men are so careless of their own good.

I will hope in Thee, my God. My soul will continue to praise Thee who art the cause of all joy to me, Thou the God of my heart.

If sadness return I will remember Thee in this place of exile, and on the little hill, *i.e.*, in my own monastery.

The thought of Thee and of the torrents of Thy grace and mercy—the deep on my side calls to the deep where Thou dwellest, *i.e.*, the depth of my lowliness and nothingness calls to Thee, the depth of all goodness, to have mercy on me.

I know Thou wishest me to be completely immersed beneath the saving waters of Thy grace.

Thou, my Lord, never leavest me without Thy grace in the daytime, meeting my many faults with mercy; in the night Thou always givest me reason to thank Thee.

quoniam transibo  
in locum tabernac-  
uli admirabilis us-  
que ad domum Dei.

In voce exulta-  
tionis et confes-  
sionis sonus epu-  
lantis.

Quare tristis es  
anima mea? et  
quare conturbas  
me?

Spera in Deo,  
quoniam ad huc  
confitebor illi, salu-  
tare vultus mei, et  
Deus meus.

Ad me ipsum ani-  
ma mea conturba-  
ta est: propterea  
memor ero tui de  
terra Jordanis et  
Hermonium a mon-  
te modico.

Abyssus abyssum  
invocat in voce  
cataractarum tua-  
rum.

Omnia excelsa tua  
et fluctus tui super  
me transierunt.

In die mandavit  
Dominus misericor-  
diam suam, et noc-  
te canticum ejus.

## PSALM 42.

Apud me oratio  
Deo vitæ meæ ;  
dicam Deo : Sus-  
ceptor meus es ;

Quare oblitus es  
mei ? et quare con-  
tristatus incedo,  
dum affligit me  
inimicus ?

Dum confringun-  
tur ossa mea, ex-  
probraverunt mihi,  
qui tribulant me  
inimici mei.

Dum dicunt mihi  
per singulos dies :  
Ubi est Deus tuus ?  
quare tristis es ani-  
ma mea, et quare  
conturbas me ?

Spera in Deo,  
quoniam ad huc  
confitebor illi, sa-  
lutare vultus mei,  
et Deus meus.

JUDICA me Deus,  
et discerne causam  
meam de gente non  
sancta, ab homine  
iniquo et doloso  
erue me.

Quia tu es Deus  
fortitudo mea ;  
quare me repulisti ? et quare  
tristis incedo, dum  
affligit me inimicus ?

Emitte lucem tu-  
am et veritatem  
tuam ipsa me dedu-  
xerunt et ad-  
duxerunt in mon-

Therefore will I be constant in  
prayer to Thee, the God of my life, the  
source of all that is good in my life.  
I will ever look to Thee as my only  
sure support.

At times Thou dost seem to forget  
me, and I have sorrow and anxiety  
whilst the devil assaults me with  
temptation.

Then all my resolutions seem to be  
of no avail, and I seem about to yield  
to the enemies who molest me.

They suggest to me that Thou hast  
no care of me, but I will no longer be  
cast down, and I will put away  
anxiety.

Thou, my God, art my hope. I will  
praise Thee who art my Saviour, my  
joy, my God !

**Judica me, Deus. Ps. 42.**

**O** MY God, be my advocate, and  
show me how I can stand before  
Thee, apart from all who do iniquity,  
who have no regard for sanctity and  
who are deceitful. Deliver me from  
those who fail to give Thee Thy due.

Thou alone, my God, art the  
strength on which I can rely. Cast  
me not away from Thee. O save me  
from bitterness whilst I suffer tempta-  
tion.

Send forth Thy light that I may see,  
and show me Thy truth that I may  
know Thy will. It is by Thy power  
and favour that I have been able to

come to Thy holy hill, into religion, and to Thy tabernacle where Thou dost dwell amongst men.

My God, grant that I may not hesitate, but go boldly in, trusting in Thee who givest me all the joy of life.

I will praise Thee in the choir, and I will say to my soul ; Why dost thou give way to sadness and anxiety ?

I have Thee, my own good God, to trust in. I can still praise Thee who art so bountifully the Saviour of my joy.

#### **Deus, auribus nostris. Ps. 43.**

THE story of Thy mercy and kindness to souls is constantly related to us, O God.

The work Thou hast done for them has been always for their good.

Thou didst drive out the enemies of Thy people ; Thou didst give to Thy people a rich land. This temporal providence is a sign to me, O Lord, of Thy care for my spiritual good.

It has never been by human power alone that Thy people have gained any territory to dwell in, or preserved it from attack.

It has ever been by Thy power and under Thy gracious kindness, because Thou wast pleased with their obedience and reliance on Thee.

tem sanctum tuum, et in tabernacula tua.

Et introibo ad altare Dei, ad Deum, qui laetificat juventutem meam.

Confitebor tibi in cithara Deus, Deus meus : quare tristis es anima mea, et quare conturbas me ?

Spera in Deo, quoniam ad huc confitebor illi salutare vultus mei, et Deus meus.

DEUS auribus nostris audivimus, patres nostri annuntiaverunt nobis,

Opus, quod operatus es in diebus eorum, et in diebus antiquis.

Manus tua gentes disperdidit, et plantasti eos : afflixisti populos et expulisti eos.

Nec enim in gladio suo possederunt terram, et brachium eorum non salvavit eos :

Sed dextera tua, et brachium tuum, et illuminatio vultus tui ; quoniam complacuisti in eis.

Tu es ipse Rex  
meus et Deus meus,  
qui mandas salutes  
Jacob.

In te inimicos nos-  
tres ventilabimus  
cornu, et in nomine  
tuo spernemus in-  
surgentes in nobis.

Non enim in arcu  
meo sperabo, et gla-  
dius meus non sal-  
vabit me.

Salvasti enim nos  
de afflignantibus nos,  
et odientes nos  
confudisti.

In Deo laudabim-  
ur tota die, et in  
nomine tuo confi-  
tebimur in sæcu-  
lum.

Nunc autem re-  
pulisti et confu-  
disti nos, et non  
egredieris Deus in  
virtutibus nostris.

Avertisti nos re-  
trorsum post inimicos  
nostros, et qui oderunt nos,  
diripiebant sibi.

Dedisti nos tan-  
quam oves esca-  
rum, et in gentibus  
dispersisti nos.

Vendidisti popu-  
lum tuum sine pre-  
cio, et non fuit multi-  
tudo in commuta-  
tionibus eorum.

Posuisti nos op-  
probrium vicinis  
nostris, subsanna-

I will not forget that Thou art my King and my God, and that my safety is from Thee.

All my power against the enemies of my soul is from Thee. In Thy name I shall be able to despise the most powerful spirits who fight against me.

In dealing with temptation, I will not put my trust in any skill I may have obtained by past experience. I will trust in nothing that is mine.

In Thee alone can I trust when the enemies of my soul assault me. Thou, O Lord, wilt reduce them to shame.

All the days of my life my glory is in Thee, my God. I beseech Thee to allow me to praise Thee now and always.

It seems to me at times as if Thou hadst no care of me, and I am cast down. Thou seemest to leave me to myself.

And at once the enemy has power over me, to drive me where he will, and to take from me all that Thy grace has enabled me to win.

I am in danger of perishing utterly, and of being sent into exile away from Thee.

There seemed to be nothing gained to anyone by my loss, as if I could do nothing for Thee.

It seemed to me that I was a reproach to all those who knew me, and

that my fall would make others scoff at goodness.

Worldlings seemed to have a right to revile me, and to warn others from making an attempt to live a good life.

My shame was always before me, and I could not look up because of my confusion.

The voice of reproach was in mine ears, and the sight of my strong enemy cowed me.

Yet, in spite of all my depression, Thou hast allowed me to remember Thee, my God. Thou hast saved me from real evil against Thee.

Thou hast kept my heart from turning wholly to any love but Thine, and my steps from quite forsaking Thy law.

Thou hast allowed me to be humbled in this place of affliction, and to be surrounded with darkness as if I were in danger of death.

If I have forgotten Thee, my God, and failed to call upon Thy name; if I have looked for help from any other source than Thee,

Wilt Thou not make strict inquiry? Thou seest my heart more clearly than I can see it myself.

tionem et derisum his, qui sunt in circuitu nostro.

Posuisti nos in similitudinem gentibus, commotio- nem capitis in populis.

Tota die verecun- dia mea contra me est, et confusio faciei meæ coope- ruit me.

A voce expro- brantis et oblo- quentis, a facie in- imici et persequen- tis.

Hæc omnia vene- runt super nos, nec obli- ti sumus te, et inique non egimus in testamento tuo.

Et non recessit retro cor nostrum, et declinasti semi- tas nostras a via tua.

Quoniam humili- asti nos in loco af- flictionis et coope- ruit nos umbra mor- tis.

Si obli- ti sumus nomen Dei nostri et si expandimus manus nostras ad Deum alienum,

Nonne Deus re- quiret ista? ipse enim novit abs- condita cordis.

Quoniam propter te mortificamur tota die, aestimati sumus sicut oves occisionis.

Exurge, quare obdormis Domine? exurge et ne repellas in finem.

Quare faciem tuam avertis; oblivisceris inopiae nostrae et tribulationis nostrae?

Quoniam humiliata est in pulvere anima nostra, conglutinatus est in terra venter noster.

Exurge Domine, adjuva nos, et redime nos propter nomen tuum.

**ERUCTAVIT cor meum** verbum bonum: dico ego opera mea regi.

Lingua mea calamus scribae, velociter, scribentis.

Speciosus forma præ filiis hominum; diffusa est gratia in labiis tuis: propterea benedixit te Deus in æternum.

## PSALM 43.

It is for Thy sake I must endure this trial. It is Thy will that I suffer even the anguish of death.

I implore, Thee, Lord, arise. Be no longer to me as if Thou sleepest, and hast no care of me. In Thy mercy leave me not to despair.

Turn not away Thy face from me, O Lord. Thou knowest my utter need of Thee.

I can do nothing of myself, for I am as one lying prone in fear and weakness.

Come to my aid, O Lord, for Thou alone canst redeem my soul. Come for Thine own Name's sake, sweet Jesus, and help me.

## **Eructavit cor meum. Ps. 44.**

**H**OW can I say a good word while I am telling my own deeds to Thee, my King? If Thou, O my Lord, wilt consent to act with me, I may have much that is good to tell Thee.

Then shall my lips be like the pen of a wise writer who writeth swiftly, for I shall be able to tell Thee of rapid progress in all virtues.

Thy beauty of soul shall occupy my thoughts, my own good Lord; and the grace Thou pourest forth, by Thy words so full of comfort, shall bring Thy Father's blessing upon me.

The force of Thy word in my heart shall be as the strength of an excellent sword in the hands of a mighty warrior.

Come into my heart in all Thy beauty; make great progress with my poor soul till it is all Thine.

Bring unto me, O Lord, Thy truth, Thy meekness, and Thy perfection. Take up Thy reign in my heart. Let Thy right hand lead me just where Thou wilt.

May Thy words sink deep into my heart, however severe the change they will make in me. Overcome all that opposes Thy sweet reign within me.

Take up Thy throne in me for ever and ever, and let me walk upright by Thy power.

The perfection to which Thou hast called me, and for which Thou hast loved me, shall be my aim, and the sin Thou hast hated in me shall be my constant regret. Give me of Thine own calm gladness, my God, which in Thy goodness may let me help others.

Let me be as a perfumed garment to Thee, for Thou art clothed with justice and all virtue, that from me also may be spread abroad the sweet odour of Thy life. May my heart be to Thee one of the ivory houses in which Thou mayest delight, and may Thy saints have joy in me for Thy sake.

Place me on Thy right hand with Thy chosen ones, and clothe me with precious graces. Make me able by

Accingere gladio tuo super femur tuum, Potentissime.

Specie tua et pulchritudine tua intende, prospere procede et regna.

Propter veritatem et mansuetudinem et justitiam, et deducet te mirabiliter dextera tua.

Sagittae tuæ acutæ populi sub te cadent, in corda inimicorum regis.

Sedes tua Deus in saeculum saeculi : virga directionis, virga regni tui.

Dilexisti justitiam et odisti iniquitatem, propterea unxit te Deus, Deus tuus, oleo laetitiae praे consortibus tuis.

Myrrha et gutta et casia a vestimentis tuis, a dominibus eburneis, ex quibus delectaverunt te filiae regum in honore tuo.

Astitit regina a dextris tuis in ves-

titu deaurato, circumdata varietate.

Audi filia et vide,  
et inclina aurem  
tuam : et oblivious-  
cere populum tu-  
um et domum pat-  
ris tui.

E t concupiscat  
Rex decorem tu-  
um ; quoniam ipse  
est Dominus Deus  
tuus, et adorabunt  
eum.

Et filiae Tyri in  
muneribus vultum  
tuum deprecabun-  
tur omnes divites  
plebis.

Omnis gloria ejus  
filiæ Regis ab intus,  
in fimbriis au-  
reis circumamicta  
varietatibus.

Adducentur Regi  
virgines post eam ;  
proximæ ejus af-  
ferentur tibi.

Afferentur in læ-  
titia et exultatione :  
adducentur in tem-  
plum Regis.

Pro patribus tuis  
nati sunt tibi filii :  
constitues eos prin-  
cipes super omnem  
terram.

Memores erunt no-  
minis tui in omni  
generatione et gen-  
erationem.

Propterea populi  
confitebuntur tibi

## PSALM 44.

these graces to adapt myself to all  
Thou mayest ask of me.

Help me to listen to Thee atten-  
tively that I may know plainly what  
is Thy holy will. Thou, dear Lord,  
hast called me to leave my father's  
house and mine own people that I  
may belong wholly to Thee.

What dost Thou desire in me, O  
Lord ? Is it not Thine own beauty ?  
Adorn me with Thyself. Thou art  
the Lord God whom all adore.

The saints whom Thou hast blessed  
with the riches of all virtue entreat  
Thee to be kind to me.

Let my glory be the inner glory of a  
clean and perfect heart. If it be  
Thy will give to me the golden fringes  
of spiritual riches that I may help other  
souls on their way to Thee, our King.

I will take nothing to myself of what  
Thou allowest me to do ; I will return  
all to Thee, O Lord.

With gladness and rejoicing may I  
be able by Thy grace to bring others  
into Thy Temple ;

And instead of what I have left in  
the world, enable me to bring those  
who will follow Thee in holiness.

Grant that all who are drawn to  
Thee may ever live in Thy presence  
and bless Thy holy name.

May they with me be ever mindful  
of Thee, O Lord, in this life, that we

may praise Thee for all eternity in Heaven.

in æternum, et in  
sæculum sæculi.

**Deus noster refugium. Ps. 45.**

**O** MY God, Thou art my refuge and my strength. Many things in which I have taken refuge have been to me a source of weakness, but on Thee I can always rely, and in all my troubles I can fly to Thee.

Therefore, I will not fear though all the strength in which I have hitherto rested shall be removed.

Though the waters, *i.e.*, the forces which seek to ruin my soul, shall make a great noise, and the very mountains be shaken, I will not fear.

For Thou, the Most High, wilt leave to me the streams of the river of Thy grace which will make my soul glad. Thou, dear Lord, hast deigned to live in our midst, and hast allowed me to make mine own soul Thy tabernacle.

Whilst Thou, my God, art with me, and I am united to Thee in love, I shall not be moved. Thou wilt help me at break of day.

They who serve Thee not shall be disturbed and shall make attempts to deprive me of my peace, but Thy voice in my heart will keep me constant, and take from me the danger as it arises.

For Thou, the Lord of hosts, art with me, and art ever ready to help me in the Most Blessed Sacrament.

D E U S noster, re-fugium et virtus : adjutor in tribu-lationibus, quæ in-venerunt nos nimis:

Propterea non timebimus, dum turbabitur terra, et trans-ferentur mon-tes in cor maris.

Sonuerunt et tur-batæ sunt aquæ eorum : conturbati sunt montes in for-titudine ejus.

Fluminis impetus lätificat civitatem Dei : sanctificavit tabernaculum suum Altissimus.

Deus in medio ejus, non commo-vebitur : adjuvabit eam Deus mane diluculo.

Conturbatae sunt gentes, et inclinata sunt regna : dedit vocem suam, mota est terra.

Dominus virtutum nobiscum : suscep-tor noster Deus Jacob.

Venite et videte opera Domini ; quæ posuit prodigia super terram : auferens bella usque ad finem terræ.

Arcum conteret et confringet arma, et scuta comburet igni.

Vacate et videte, quoniam ego sum Deus : exaltabor in gentibus et exaltabor in terra.

Dominus virtutum nobiscum : susceptor noster Deus Jacob.

O M N E S gentes, plaudite manibus ; jubilate Deo in voce exultationis.

Quoniam Dominus excelsus, terribilis : Rex magnus super omnem terram.

Subjecit populos nobis, et gentes sub pedibus nostris.

Elegit nobis hæreditatem suam ; speciem J a c o b , quam dilexit.

Ascendit Deus in jubilo, et Dominus in voce tubæ.

Psallite Deo nostro, psallite : psallite Regi nostro, psallite.

Let those who doubt our security remember all Thou hast done for Thy faithful people in past time. At Thy first coming didst Thou not, O Lord, make the whole earth to be at peace ?

Thou, O Almighty God, canst take away and destroy everything which might be used against me.

Therefore, will I be still and see that Thou art my God, ever ready to help me. I will exalt Thee and praise Thee, my good God, before all men.

Thou dwellest with me to protect me. Thou art my helper, and in Thee will I trust, my own good God.

### **Omnes gentes, plaudite. Ps. 46.**

**W**HEN I stand before Thee in choir,  
O my God, let all the earth  
rejoice with me.

For Thou art the Most High Lord  
and very much to be reverenced.  
Thou art the King of the whole earth.

Thou hast allowed me to overcome  
the evil spirits, and to despise their  
power.

Thou hast chosen me for Thine  
inheritance, and Thou lovest the  
beauty with which Thou art willing  
to adorn my soul.

Thou, my Lord, hast ascended on  
high that Thou mightest prepare a  
place for me.

I will not weary of singing Thy  
praises, O God my King.

Thou canst compel all the earth to praise Thee, but Thou lovest the praise of a willing servant who sings to Thee from an understanding heart.

O Thou who canst rule over all nations, come and rule over me, and make Thy throne in my heart.

Make my heart humble as Thine, that I be not proud in Thy presence as are the princes of the earth.

Quoniam Rex omnis terræ Deus ; psallite sapienter.

Regnabit Deus super gentes : Deus sedet super sedem sanctam suam.

Principes populo- rum congregati sunt cum Deo Abraham ; quoniam dii fortés terræ vehementer elevati sunt.

### Magnus Dominus. Ps. 47.

THOU art great, O Lord, and most worthy of all the praise I can give to Thee in the Church and on the holy hill of religious life.

Thy Church was founded in the joy of all the angels, and for the joy of Thy faithful people. It is capable of bringing joy to all who will come to see Thy glory in it. The great glory of Thy Church is in the religious Orders on the north side, *i.e.*, in the cold and severe air of mortification and self-restraint.

Thou, my God, art capable of being known more thoroughly in these Thy houses, for Thou dost especially take under Thy protection all who become members of these homes of Thy love.

The powers of earth have gathered together to attack Thy Church and Thy religious Orders.

But when they have seen how wonderfully Thou hast provided for Thy Church they have often hesitated

MAGNUS Dominus et laudabilis nimis : in civitate Dei nostri, in monte sancto ejus.

Fundatur exulta- tione universæ ter- rae mons Sion : latera Aquilonis, ci- vitas Regis magni.

Deus in domibus ejus cognoscetur, cum suscipiet eam.

Quoniam ecce re- ges terræ congregati sunt : con- venerunt in unum.

Ipsi videntes sic admirati sunt ; con- turbati sunt, com-

moti sunt : tremor  
apprehendit eos.

Ibi dolores ut parturientis : in spiritu vehementi conteres naves Tharsis.

Sicut audivimus,  
sic vidimus in civitate Domini virtutum ; in civitate Dei nostri : Deus fundavit eam in aeternum.

Suscepimus, Deus, misericordiam tuam in medio templi tui.

Secundum nomen tuum Deus, sic et laus tua in fines terrae : justitia plena est dextera tua

Lætetur mons Sion, et exultent filiae Judæ, propter judicia tua Domine.

Circumdate Sion et complectimini eam : narrate in turribus ejus.

Ponite corda vestra in virtute ejus : et distribuite domos ejus, ut enarretis in progenie altera.

to attack it, for they have feared Thine anger.

Fear has come upon them suddenly and intensely as the pains of a woman in labour, or as a sudden storm may strike a ship on the sea.

This has been the history of the Church and also of the religious Orders. The powers of evil have attacked them, but fear has come upon these Thine enemies, O God, for they have recognised sooner or later that they are attacking Thy city, O Lord of hosts ! Thy Church continues whilst the earthly powers fail and will fail.

Thou hast shown mercy to us, O God, by securing to us Thy Divine presence in the tabernacle.

Thus Thy Name is in honour over the whole earth, that from every place our praise may go up to Thee. May the perfection of the religious life be fully given and be spread abroad, and more perfectly practised by the power and protection of Thy kind right hand.

Therefore, I will rejoice in Thy Church ; and the smaller cities of Juda, the religious communities, will rejoice, seeing and esteeming Thy merciful judgments.

I will try to understand all the protection Thou hast provided for us.

The true strength of Thy House, O God, is Thy grace, and the houses the soul is invited to visit and consider are Thy homes in the religious Orders. I will appreciate them and speak to others of Thy great works.

For thus, O God, is Thy greatness and glory made manifest to my soul, and the appreciation is begun here which is to last for ever and ever in heaven.

**Audite haec, omnes gentes. Ps. 48.**

THE psalmist asks all to listen to him.

Base and noble, rich and poor, may well listen, for the matter of the psalm concerns all.

The psalmist is confident of the wisdom of his lesson.

He sings after much meditation  
This is the burden of his song ;

I will not be sad in the time of adversity, even when I seem to be surrounded with difficulty so that I can take no step without danger of sin.

They that encompass me vainly trust in themselves, and rely on their earthly riches.

Death cometh, and no one can escape it. No riches of earth will buy a life from Thee, O God.

The price of a soul is not estimated in money, even if men might heap up riches to themselves till the end of time.

Quoniam hic est Deus, Deus noster in æternum et in sæculum sæculi ipse reget nos in sæcula.

AUDITE hæc, omnes gentes : auri-  
bus percipite omnes, qui habitatis  
orbem :

Quique terrigenæ  
et filii hominum,  
simul in unum di-  
ves et pauper.

Os meum loque-  
tur sapientiam ; et  
meditatio cordis  
mei prudentiam.

Inclinabo in pa-  
rabolam aurem me-  
am : aperiam in  
psalterio propositi-  
onem meam.

Cur timebo in  
die mala ? iniurias  
calcanei mei cir-  
cumdabit me.

Qui confidunt in  
virtute sua : et in  
multitudine divitiarum  
suarum glori-  
antur.

Frater non redi-  
mit, redimet ho-  
mo : non dabit  
Deo placationem  
suam.

Et pretium re-  
demptionis animæ  
suæ : et laborabit  
in æternum, et vi-  
vet adhuc in finem.

Non videbit interitum, cum videbit sapientes morientes : simul insipiens et stultus peribunt.

Et relinquent alienis divitias suas : et sepulchra eorum domus illorum in æternum.

Tabernacula eorum in progenie et progenie : vocaverunt nomina sua in terris suis.

Et homo, cum in honore esset, non intellexit ; comparatus est jumentis insipientibus : et similis factus est illis.

Hæc via illorum scandalum ipsis : et postea in ore suo complacebunt.

Sicut oves in inferno positi sunt : mors depascet eos.

Et dominabuntur eorum justi in matutino : et auxilium eorum veteraset in inferno a gloria eorum.

Verumtamen Deus redimet animam meam de manu inferi ; cum acceperit me.

Ne timueris, cum dives factus fuerit

Can anyone doubt that he shall die when all see both the wise and the fool suffering death ?

They will have to leave all their riches to others, and all that shall be theirs even in name will be their graves.

For a time they behaved as if they were to live for ever. They have put their names on lands which others will enjoy.

The foolish rich did not give a thought to the truth, and are as unthinking as the beasts.

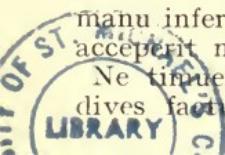
Thus they lose what is lasting, and riches become a scandal to them, though during this life they may flatter themselves with vain words.

They who so foolishly trust in riches shall be most certainly punished in the next life when death has consumed them.

In the awakening into the next life the poor who have trusted in Thee, O God, shall be in honour, but the vain trust of the wicked shall vanish.

But if I place all my trust in Thee, my God, Thou wilt preserve me from such a fate and graciously receive me.

I will not be disturbed at the riches



of Thine enemies, nor at the honour the world shows to them.

For death will strip them of riches and honour.

They may be thought happy in this life, but it is a happiness which will not last ; and their praise of Thee is worthless since they praise Thee only in times of prosperity.

They shall join the crowd who despise Thee here, and are in eternal darkness hereafter.

I will think nothing, then, of the honour of the world or of its riches, for they make man no better than the beasts who know Thee not, my God, nor have any regard for Thee.

#### **Deus deorum. Ps. 49.**

**T**HOU, Lord, the one true God, hast said by Thy prophets that all the inhabitants of the earth shall stand before Thee to be judged.

From the beginning of the world till the end of time this fact is before the minds of men. Thy glory shall be seen in Sion when Thou comest to judge.

Thou wilt come manifestly. Thou wilt no longer keep silence.

All the forces of nature will add their part to Thy Majesty, and will strike fear into all.

homo ; et cum multiplicata fuerit gloria domus ejus.

Quoniam, cum interierit, non sumet omnia ; neque descendet cum eo gloria ejus.

Quia anima ejus in vita ipsius benedicitur : confitebitur tibi, cum beneficeris ei.

Introibit usque in progenies patrum suorum : et usque in æternum non videbit lumen.

Homo, cum in honore esset, non intellexit, comparatus est jumentis insipientibus, et similis factus est illis.

DEUS deorum Dominus locutus est, et vocavit terram.

A solis ortu usque ad occasum, ex Sion species decoris ejus.

Deus manifeste veniet, Deus noster, et non silebit.

Ignis in conspectu ejus exardescet, et in circuitu ejus tempestas valida.

Advocabit cœlum  
desursum ; et ter-  
ram discernere po-  
pulum suum.

Congregate illi  
sanctos ejus, qui  
ordinant testamen-  
tum ejus super  
sacrificia.

Et annuntiabunt  
cœli justitiam ejus ;  
quoniam Deus ju-  
dex est.

Audi populus me-  
us, et loquar : Is-  
rael, et testificabor  
tibi : Deus Deus  
tuus ego sum.

Non in sacrificiis  
tuis arguam te,  
holocausta autem  
tua in conspectu  
meo sunt semper.

Non accipiam de  
domo tua vitulos,  
neque de gregibus  
tuis hircos.

Quoniam meæ  
sunt omnes feræ  
silvarum, jumenta  
in montibus et  
boves.

Cognovi omnia  
volatilia cœli, et  
pulchritudo a gri  
mecum est.

Si esuriero, non  
dicam tibi ; meus  
est enim orbis terræ  
et plenitudo ejus.

Numquid mandu-  
cabo carnes tuaro-  
rum ? aut sanguinem  
hircorum potabo ?

Thou shalt call the souls now in  
heaven, joined again to their risen  
bodies, and those who are not yet  
released from earth, to be present  
before Thee.

All Thy saints will be there who have  
suffered for Thee during this life.

And all the choirs of angels shall be  
ready to make known and to execute  
Thy judgment, O God.

O God my God, Thou criest to us  
all to hear Thee, and to remember the  
judgment to come.

Thou wilt not then reproach me for  
the sufferings I have borne for Thee,  
and the whole-hearted service I have  
given Thee Thou wilt not forget.

There shall be no more sacrifices of  
material things,

For Thou, O Lord, canst do as Thou  
wishest with all these things.

All that I value on earth is Thine.

I can give Thee nothing that is not  
already Thine.

Thou hast no need of anything that  
I can offer Thee.

Thou willest that I give Thee the sacrifice of praise, O my God, and that I keep faithfully the promises I have made to Thee, whether in Baptism or in holy religion.

I will call to Thee in the day of trouble, and I will glorify Thee, for Thou wilt deliver me.

But with the sinner who has no regard for Thee, O God, Thou wilt be most severe, even when he is preaching Thy laws and reminding others of Thy promises.

Thou wilt expose the deceit whereby he tries to hide his utter disregard of Thy will under the pious words he gives forth.

Thou wilt then recall the disregard of Thee in the life of the sinner. He sees an injustice which he could prevent, but instead he tries to get some gain to himself, and he condones very grievous sin which he should reprobate.

He is very careless in his speech and deceitful in word.

He is fond of uncharitable talk, forgetting the brotherhood of all men. Then Thou shalt tell the sinner that whilst Thou didst see all these things Thou wast silent, leaving him to himself, because he had no recourse to Thee for help. Dear Lord, do not be silent when Thou seest me about to sin against Thee. Correct and punish me now and not at the last judgment.

Immola Deo sacrificium laudis, et redde Altissimo vota tua.

Et invoca me in die tribulationis : eruam te et honorificabis me.

Peccatori autem dixit Deus : Quare tu enarras justitias meas ? et assumis testamentum meum per os tuum ?

Tu vero odisti disciplinam, et projecisti sermones meos retrorsum.

Si videbas furem, currebas cum eo, et cum adulteris portionem tua am ponebas.

Os tuum abundavit malitia, et lingua tua concinnabat dolos.

Sedens adversus fratrem tuum loquebaris, et adversus filium matris tuae ponebas scandalum ; haec fecisti et tacui.

Existimasti ini-  
que quod ero tui  
similis : arguam te  
et statuam contra  
faciem tuam.

Intelligite hæc,  
qui obliviouscimini  
Deum ; nequando  
rapiat, et non sit  
qui eripiat.

Sacrificium laudis  
honorificabit  
me : et illic iter,  
quo ostendam illi  
salutare Dei.

MISERERE mei  
Deus, secundum  
magnum miseri-  
cordiam tuam.

Et secundum mul-  
titudinem misera-  
tionum tuarum, de-  
le iniquitatem me-  
am.

Amplius lava me  
ab iniquitate mea,  
et a peccato meo  
munda me.

Quoniam iniqui-  
tatem meam ego  
cognosco, et pec-

The sinner acts as if Thou wert, as he is, not displeased with evil ; now he shall find his mistake, for Thou wilt set his sins plainly before his eyes.

Grant, O my God, that I may bear these things in mind, and not forget Thee lest Thou snatch me away and no one can deliver me.

Thou wilt have mercy if I give Thee the praise of a good and careful life. Thou wilt give me salvation, and I shall enjoy Thy kind presence for ever.

#### **Miserere. Ps. 50.**

HAVE mercy on me, a sinner, O my God. I have offended Thee so often even since I have been in religion. Thy goodness has been lavishly showered upon me. I call with confidence upon Thy mercy. I shall not be safe till Thou holdest me in the arms of Thy love in Heaven.

I may always look back to my past life and beg of Thee to pardon my sins and frequent infidelities. Continue, O Lord, to blot out both my acknowledged and my forgotten sins. Let no sin of mine stand between me and Thee.

Lord, I shall never be wholly clean in Thy sight ; do not Thou cease cleansing me in holy penance, and in Holy Communion which I receive so frequently pour Thy Precious Blood upon my soul.

I acknowledge, O Lord, that I am a sinner in Thy sight. Give me an abiding sorrow for my sins that I may be worthy of the joy which Thou ever givest to the truly repentant soul. Let

me not forget that I have been unfaithful to Thee in the past, and that I may be unfaithful again if Thou dost not uphold me.

How often have I sinned in Thy sight, O Lord, and sinned wilfully when Thy eye alone was upon me! Preserve me from ever forgetting Thy presence and profaning Thy kindness again. If Thou wilt, O Lord, punish me now, and if it please Thee grant me grace to justify Thee in any hard treatment of me by confessing my sin to the whole world.

Still, dear Lord, remember my weakness that I am flesh and blood, and that the nature I received was corrupted. Let Thy mercy have compassion on me.

Yet Thy goodness to me, and the numerous graces Thou hast lavished upon me, ought to show me that I have no excuse in the weakness of my nature. For I have known Thee from my youth, and I have known Thee as the most sincere God. Thou hast shown me Thy goodness in ways which I now recognise; and Thy wise treatment of me in the past prevents me from ever doubting Thy kindness.

Sprinkle me with Thy Blood in the Sacrament of Penance and I shall be cleansed; wash me in Thy mercy that I may be whiter than snow. Thy infinite mercy has preserved me from dying in my sin.

Give me to know Thy pardon that I may be filled with joy, and my bones

catum meum contra me est semper.

Tibi soli peccavi,  
et malum coram te  
feci; ut justiceris  
in sermonibus tuis,  
et vincas cum judicaris.

Ecce enim in ini-  
quitatibus concep-  
tus sum, et in pec-  
catis concepit me  
mater mea.

Ecce enim verita-  
tem dilexisti: in-  
certa et occulta  
sapientiae tuæ ma-  
nifestasti mihi.

Asperges me hys-  
sopo, et munda-  
bor: lavabis me,  
et super nivem  
dealbabor.

Auditui meo da-  
bis gaudium et læ-  
titiam: et exulta-

bunt ossa humiliata.

Averte faciem tuam a peccatis meis,  
et omnes iniquitates meas dele.

Cor mundum crea  
in me Deus, et  
spiritum rectum  
innova in visceribus meis.

Ne projicias me  
a facie tua, et spiritum sanctum tuum  
ne auferas a me.

Redde mihi lætitiam salutaris tui,  
et spiritu principaliter  
confirma me.

Docebo iniquos  
vias tuas, et impii  
ad te convertentur.

Libera me de  
sanguinibus Deus,  
Deus salutis meæ;  
et exultabit lingua  
mea iustitiam tuam.

Domine labia mea  
aperies, et os meum  
annuntiabit laudem tuam.

which have deserved nothing but  
torment shall share in my joy.

Do not Thou, O Lord, look upon my  
sins any more; in Thy kindness forget  
all the evil I have done against Thee.

There is yet time, O Lord, if Thou  
wilt but work Thy will in me. Help me  
that I put no obstacle in Thy way.  
Give me a new heart, O my God, clean  
and perfect, that with a pure and per-  
fect heart I may serve Thee, and bring  
back Thy own spirit to my breast, and  
for the rest of my life may I live by  
Thy life.

Do not cast me away from Thy  
loving presence because of my infi-  
delities to Thee, nor allow me to turn  
myself again to anything but Thee.  
Let Thy Holy Spirit ever dwell with  
me.

Give me the joy that comes from  
perfect trust in the salvation Thou hast  
purchased for me on the Cross, and  
restore to my soul the rule it has lost  
by sin.

Then in Thy mercy I may be able to  
tell others of Thy goodness, now that  
Thou hast allowed me to experience  
it in my own soul.

If by scandal I have caused harm to  
others do Thou take this sin from my  
soul, and let not the blood of any lost  
soul cry out against me, and I will  
never cease to thank Thee and praise  
Thy justice.

Lord, open my lips; and now in the  
Holy Office let me sing Thy praise.

If there is anything Thou wishest me to sacrifice ask it, Lord, and give me the grace to comply with Thy will.

The sacrifice Thou askest is a spirit filled with sorrow for my sins. A contrite heart and a heart humbled to the dust Thou wilt surely not despise.

In Thy great mercy let not my sins prevent Thee from being good to those who are associated with me in Thy holy city, and in the building up of Thy holy house in the hearts of all.

Dear Lord, let me give Thee freely whatsoever sacrifice Thou so justly askest of me for the rest of my life. Nothing that I can give can ever repay Thee for Thy infinite goodness to me.

### **Quid gloriaris. Ps. 51.**

THE soul addresses the sinner ; Why dost thou continue to take pride in sin, thou that puttest all thy power in iniquity ?

All the ingenuity of the sinner is thrown away. The keenness of his devices ends in a lie.

Thou lovest sin more than goodness, and evil words rather than those that are for righteousness.

Thy words take thee down the precipice into eternal ruin, for thy tongue is full of deceit.

There is but one end to all thy sins ; God will destroy thee for ever. He

Quoniam, si voluisse sacrificium, dedissem utique ; holocaustis non delectaberis.

Sacrificium Deo spiritus contributus : cor contritum et humiliatum Deus non despicies.

Benigne fac Domine in bona voluntate tua Sion, ut ædificantur muri Jerusalem.

Tunc acceptabis sacrificium justitiae, oblationes, et holocausta ; tunc imponent super altare tuum vitulos.

QUID gloriaris in malitia, qui potens es in iniquitate ?

Tota die injustitiam cogitavit lingua tua : sicut novacula acuta fecisti dolum.

Dilexisti malitiam super benignitatem ; iniquitatem magis, quam loqui æquitatem.

Dilexisti omnia verba præcipitationis, lingua dolosa.

Propterea Deus destruet te in finem ; evellet te,

et emigrabit te de  
tabernaculo tuo ;  
et radicem tuam  
de terra viventium.

Videbunt justi et  
timebunt ; et super  
eum ridebunt et  
dicent : Ecce ho-  
mo, qui non posuit  
Deum adjutorem  
suum :

Sed speravit in  
multitudine divi-  
tiarum suarum, et  
prævaluit in vani-  
tate sua.

Ego autem, sicut  
oliva fructifera in  
domo Dei : speravi  
in misericordia Dei  
in æternum, et in  
sæculum sæculi.

Confitebor tibi in  
sæculum, quia fe-  
cisti ; et expectabo  
nomen tuum, quoniam  
bonum est  
in conspectu san-  
ctorum tuorum.

DEUS in nomine  
tuo salvum me fac,  
et in virtute tua  
judica me.

will bring thee suddenly to death and  
send thee into eternal exile. There  
shall be no trace of thee in the land  
of the living.

The only use thou shalt be is as a  
warning to the just who shall rever-  
ence God, and be moved to laughter at  
thy destruction. He shall say ; This  
is the man who would not have God  
for his helper.

He trusted in money, and grew  
more and more vain in his sin.

But the just shall be as a fruitful  
olive tree, a joy to God for ever in  
heaven. He relies on the mercy of  
God, and he shall be safe in that mercy  
for ever and ever.

Wherefore, I will praise Thee, O  
God, for ever. All that is mine is Thy  
gift, and I will hope in Thy name. It  
is good to praise Thee in the sight of  
the saints.

*The 52nd Psalm is a simple repetition  
of the 13th.*

### Deus, in nomine tuo. Ps. 53.

SAVE me, O my God, from my dis-  
tress, for I call upon Thy holy  
Name. I submit myself to Thy judg-  
ment, for I know it is tempered by  
Thy love for me. Stand by me to  
defend me in the judgment, because  
I have relied on Thy strength.

Listen to my cry, O my God, and bend down Thine ear to the words I utter.

For those who have rejected Thee and are strangers to Thee attacked me, because I have loved Thee. They that have the strength of the angels have sought my soul to destroy it. They have tried to take me from Thee, O my God; they have hindered me from living in Thy presence.

But I trust in Thee, my God, and look to Thee only for assistance, for Thou art the protector of my soul.

Heap up punishments on these foul enemies of Thine, and let their lying words no longer disturb me.

Because of Thy goodness I will give Thee freely the small sacrifices Thou askest of me. I will join in Thy praise, O Lord, for Thine is the name which is dear to me, and a help in all my difficulties.

For through Thy goodness I have remained constant, and have been able in Thy strength to drive the tempters away from me.

#### **Exaudi, Deus. Ps. 54.**

**O** MY GOD, hear me when I cry to Thee, and turn not away from my petition. Graciously attend to me and hear me.

I am filled with anxiety in my prayer, and am in trouble, for the

Deus exaudi orationem meam auribus percipe verba oris mei.

Quoniam alieni insurrexerunt adversum me et fortes quæsierunt animam meam et non proposuerunt Deum ante conspectum suum.

Ecce enim Deus adjuvat me, et Dominus susceptor est animæ meæ.

Averte mala inimicis meis, et in veritate tua disperde illos.

Voluntarie sacrificabo tibi, et confitebor nomini tuo Domine, quoniam bonum est.

Quoniam ex omni tribulatione eripisti me, et super inimicos meos desperit oculus meus.

**E X A U D I** Deus orationem meam; et ne despexeris deprecationem meam: intende mihi et exaudi me.

Contristatus sum in exercitatione mea; et contur-

batus sum a voce  
inimici, et a tribula-  
tione peccatoris.

Quoniam de-  
clinaverunt in me  
iniquitates ; et in  
ira molesti erant  
mihi.

Cor meum con-  
turbatum est in  
me, et formido  
mortis cecidit super  
me.

Timor et tremor  
venerunt super me,  
et contexerunt me  
tenebrae.

Et dixi, Quis da-  
bit mihi pennas  
sicut columbae  
et volabo et re-  
quiescam ?

Ecce elongavi fu-  
giens, et mansi in  
solitudine

Expectabam eum,  
qui salvum me  
fecit a pusillani-  
mitate spiritus et  
tempestate.

Præcipita Domi-  
ne, divide linguas  
eorum : quoniam  
vidi iniquitatem et  
contradictionem in  
civitate.

Die ac nocte cir-  
cumdabit eam su-  
per muros ejus ini-  
quitas ; et labor in  
medio ejus et in-  
justitia.

enemy will not leave me in peace.  
The sight of the sinner who will not  
serve Thee disturbs me.

For both the evil spirits and sinners  
on the earth keep the sight of sin  
before my eyes, and when I strive to  
think of Thee they angrily distract and  
disturb me.

My heart is filled with fear of sin,  
and the dread that I may die separated  
from Thee comes upon me.

I am overcome with fear, for all the  
future seems dark to me.

Then I cry out ; Who will give me  
wings like a dove that I may fly and  
be at rest ?

I long to fly away from all my  
trouble and anxiety, and bury myself  
in solitude.

There I could wait for Thee who art  
my Saviour, for there is no storm or  
anguish of spirit where Thou art, dear  
Lord.

Cast down those who molest me ;  
let them be unable to come together  
against me. I beg Thy help, O Lord,  
for I have seen the result of sin and  
discord, even in Thine own city.

Day and night evil encompasses it,  
and makes its way even into the midst  
of the city. Even there may injustice  
be found.

Hateful sins are found there ; usury and deceit, and men sin openly against Thee.

If it were only mine enemy who reviled me I could have borne it ;

And if only he that hated me had raised his voice against me I might have hidden myself in silence from his fury ;

But now my trouble is from one who is of the same faith, and to whom I had looked as a guide ; one I knew intimately.

We have partaken together of the same Divine Food, and we went on our journey together to Thee, our God.

Treat with these mine enemies, O Lord ; bring these disturbers of my peace to the punishment they deserve.

For there is nothing but evil in their dwellings, and they live with iniquity.

But I have cried unto Thee, O my God, and Thou wilt save me.

In the evening when I go to rest, in the morning when I awake, and in the midst of the work of the day I will cry to Thee for help and Thou wilt hear me.

Thou, dear Lord, wilt bring peace to my soul in spite of all who fight against me, for there are many who try to disturb me.

Et non defecit de plateis ejus usura et dolus.

Quoniam, si inimicus meus maledixisset mihi, sustinuissest utique ;

Et si is, qui oderat me, super me magna locutus fuisset, abscondissest me forsitan ab eo ;

Tu vero homo unanimis, dux meus et notus meus,

Qui simul tecum dulces capiebas cibos, in domo Dei ambulavimus cum consensu.

Veniat mors super illos, et descendant in infernum viventes.

Quoniam nequitiae in habitaculis eorum in medio eorum.

Ego autem ad Deum clamavi, et Dominus salvabit me.

Vespere et mane et meridie narrabo et annuntiabo, et exaudiet vocem meam.

Redimet in pace animam meam ab his, qui appropinquant mihi ; quoniam inter multos erant tecum.

Exaudiet Deus et humiliabit illos, qui est ante sæcula.

Non enim est illis commutatio, et non timuerunt Deum : extendit manum suam in retribuendo.

Contaminaverunt testamentum ejus ; divisi sunt ab ira vultus ejus : et appropinquavit cor illius.

Molliti sunt sermones ejus super oleum, et ipsi sunt jacula.

Jacta super Dominum curam tuam, et ipse te enutriet : non dabit in æternum fluctuationem justo.

Tu vero Deus deduces eos in putum interitus.

Viri sanguinum et dolosi non dimidiabunt dies suos ; ego autem sperabo in te Domine.

MISERERE mei Deus, quoniam concavat me homo : tota die impugnans tribulavit me.

Thou, the Eternal God, wilt humble them.

They make no attempt to improve their lives ; they have no fear of Thee, O God. Thou wilt stretch forth Thy hand to repay their neglect.

They have had no regard to Thy promises to the faithful, therefore Thine anger shall drive them from before Thy face. Still they approach me to corrupt my heart.

Their words seem to be soothing as oil, but they wound the heart like arrows.

But I will put all my trust in Thee, my Lord, and Thou wilt support and nourish my soul. As long as I am faithful Thou wilt not give me over to the waters of trouble for ever.

I can safely leave the enemies of my soul to Thee, my God.

Men of blood, *i.e.*, they who seek to take Thy love from me, and those who try to deceive me, Thou, O Lord, wilt not leave long to annoy me. It is sufficient for me that I put all my trust in Thee.

### **Miserere mei, Deus. Ps. 55.**

HAVE pity on me, O Lord, for my human nature hath crushed me to the earth. It leaves me no peace all the day long.

The desires and incitements of my nature crush me down. There are so many corrupt tendencies that war against my soul.

In the middle of the day I am in fear. There are so many causes of distraction, but I will hope in Thee and thus lessen and drive away my fear.

Through Thy grace, my God, I can make my words praise Thee. I will put my trust in Thee, and will not fear, however my flesh may tease and try to hinder me.

The flesh grows weary of the words with which I praise Thee; it is ever a hindrance, enticing me to evil.

I cannot escape from this war against my soul as long as I am on the earth, for my flesh dwelleth with me. My body may be quiet at times, but I know it is ready to catch me in my steps to Thee.

As my corrupt body thus lies in wait to catch my soul, be not kind to it, Lord, but give me means to overcome it. As it has led me to sin, do Thou break its power against me.

O my God, I have told Thee the difficulty of my life. Thou hast accepted the tears I have shed for my sins in Thy sight.

As Thou hast promised to hear my prayer, so now let this daily enemy be overcome and put to flight.

Conculcaverunt me inimici mei tota die: quoniam multi bellantes adversum me.

Ab altitudine diei timebo: ego vero in te sperabo.

In Deo laudabo sermones meos, in Deo speravi: non timebo quid faciat mihi caro.

Tota die verba mea execrabantur: adversum me omnes cogitationes eorum in malum.

Inhabitabunt et abscondent: ipsi calcaneum meum observabunt.

Sicut sustinuerunt animam meam, pro nihilo salvos facies illos: in ira populos confringes.

Deus vitam meam annuntiavi tibi: posuisti lacrymas meas in conspectu tuo.

Sicut et in promissione tua, tunc convertentur inimici mei retrorsum.

In quacumque die  
invocavero te, ecce  
cognovi, quoniam  
Deus meus es.

In Deo laudabo  
verbum; in Domini  
no laudabo sermonem:  
in Deo speravi,  
non timebo  
quid faciat mihi  
homo.

In me sunt Deus  
vota tua, quae red-  
dam, laudationes  
tibi.

Quoniam eripuisti  
animam meam de  
morte: et pedes  
meos de lapsu: ut  
placeam coram Deo  
in lumine viven-  
tium.

MISERERE mei  
Deus, miserere mei;  
quoniam in te con-  
fidit anima mea.

Et in umbra ala-  
rum tuarum spera-  
bo, donec transeat  
iniquitas.

Clamabo ad De-  
um altissimum :  
Deum, qui bene-  
fecit mihi.

Misit de caelo, et  
liberavit me: dedit

In whatever day I call upon Thee,  
let me ever remember that Thou art  
my own good God.

In Thy kindness I will praise Thee  
with Thine own words. I will praise  
Thee for Thy kind words to me. I  
have hoped in Thee; I will not fear  
what the flesh can do against my soul.

Thou hast allowed me, O my God,  
to make my vows to Thee. I would  
offer myself to Thee as an oblation of  
praise, and by Thy grace I will keep  
these my vows.

Thou wilt deliver my soul from the  
death of sin to which my flesh inclines  
me, and Thou wilt not allow the allure-  
ments of sense to ensnare me. Grant  
that my service may be pleasing to  
Thee, my God, and a joy to all the  
saints who in Thee have true and full  
life.

### **Miserere mei, Deus. Ps. 56.**

**H**AVE mercy on me, my Lord God,  
have mercy on me, for my soul  
trusteth Thee completely.

I will run to Thee and shelter under  
Thy wings till the danger has passed.

I will pray to Thee, the Most High  
God, for Thou hast already done great  
things for me.

Thou didst send Thy Son, my  
Redeemer, from heaven. Thou hast

enabled me to despise the enemies who would certainly have crushed all life out of me.

Thou hast in Thy love and mercy sent Thine Only Son to be my help. He is Thy truth, O God. Through the grace He has won for me and by the power of His Passion He has given me the means to deliver my soul from the greatest dangers. Still I must not give myself to sleep.

The young lions are the children of men who strive to bring me to perdition by all the means in their power, especially by words which wound charity.

Do Thou allow my trust in Thee to reach even to heaven, and my appreciation of Thy glory to grow above all that is on the earth.

Mine enemies are ever ready to ensnare me and to keep the thoughts of my soul upon the earth.

They dig a pit for me to fall into as if they were hunting my soul, that I may despair. Let them fall into their own pit.

Make my heart ready to turn to Thee at once in any danger, O my God; let me sing a psalm to Thy glory and mercy.

Arise, then, my soul. Take up the means of praise, of prayer and fidelity. Let me be ready for Thy work, O Lord.

I will give praise to Thee among mine own people. I will sing a psalm to Thee for the whole world.

in opprobrium concultantes me.

Misit Deus misericordiam suam et veritatem suam, et eripuit animam meam de medio catulorum leonum, dormivi conturbatus.

Fili hominum  
dentes eorum arma  
et sagittæ, et lingua  
eorum gladius acutus.

Exaltare super  
cœlos Deus, et in  
omnem terram  
gloria tua..

Laqueum paraverunt  
pedibus meis ;  
et incurvaverunt  
animam meam.

Foderunt ante faciem  
meam foveam,  
et inciderunt in  
eam.

Paratum cor meum,  
Deus, paratum  
cor meum :  
cantabo et psal-  
lum dicam.

Exurge gloria  
mea, exurge psal-  
terium et cithara :  
exurgam diluculo.

Confitebor tibi in  
populis Domine, et  
psalmum dicam tibi  
in gentibus.

Quoniam magnificata est usque ad cœlos misericordia tua, et usque ad nubes veritas tua.

Exaltare super cœlos Deus, et super omnem terram gloria tua.

Si vere utique iustitiam loquimini, recta judicate filii hominum.

Etenim in corde iniquitates operamini : in terra iusticias manus vestræ concinnant.

Alienati sunt peccatores a vulva, erraverunt ab utero, locuti sunt falsa.

Furor illis secundum similitudinem serpentis ; sicut aspidis surdæ et obturantis aures suas.

Quæ non exaudiet vocem incantantium ; et benefici incantantis sapienter.

Deus conteret dentes eorum in ore ipsorum : molas leonum confringet Dominus.

Thy mercy whereby Thou didst send Thy Son to redeem us, and the constancy of Thy truth to us are worthy of all the praise I can give Thee.

May Thy power, O God, be exalted above the heavens, and Thy glory over the whole earth.

**Si vere utique. Ps. 57.**

**W**HEN souls honestly begin to seek perfection, then it becomes necessary to correct the judgments they so easily make concerning their neighbours.

The fact that we are sinful ourselves leads us to forge injustice, *i.e.*, to be hard and uncharitable in our judgment of others.

The wicked are opposed to the good from their first entrance into the world. They err in their rash judgments as soon as they begin to live a life of sin. They do not hesitate to tell lies and repeat them.

A madness like the poison of a serpent seems to be theirs, and like a serpent they hiss at all who come near them. Like deaf adders they will hear no explanation.

They will not listen to the voice of the ministers of God who strive to take away their uncharitable views, nor to the voice of our Lord who is ever inculcating the love of our neighbour.

Thou, O Lord, wilt break the teeth of these slanderers who seek to destroy love on the earth.

All their talk shall come to nothing and be as water running away and of no use. Thine arrows which are Thy strong words will show up the falsehood of their talk till no one believes it, and they are of no account.

Like wax which is melted they shall be of no avail. The fire of Thy wrath shall fall upon the uncharitable, because they have not looked to Thee, the Sun of goodness and kindness.

Sooner than the thorns are kindled from the softer wood in the fire, Thou wilt take them away in Thine anger.

The just shall be glad when he sees Thy vengeance on these evil doers. He shall take warning from their destruction.

And all who pass shall be able to see that Thou givest lasting fruit on the earth to the just man, and in the end Thou, O God, makest right all the unjust judgment of men.

#### **Eripe me. Ps. 58.**

**O** MY God, deliver me from mine enemies the evil spirits, and defend me from those evil impulses which arise within me.

Deliver me from those who are confirmed in iniquity, from myself and all my passions which urge me to sin.

For they have tried to take my soul prisoner; these that are so powerful have rushed in upon me.

Ad nihilum devient tanquam aqua decurrentes: intendit arcum suum, donec infirmantur.

Sicut cera, quæ fluit, auferentur; supercedidit ignis, et non viderunt solem.

Priusquam intellicherent spinæ vestræ rhamnum, sicut viventes sic in ira absorbet eos.

Lætabitur justus, cum viderit vindictam: manus suas lavabit in sanguine peccatoris.

Et dicet homo: Si utique est fructus justo, utique est Deus judicans eos in terra.

ERIPE me de inimicis meis Deus meus, et ab insurrectibus in me libera me.

Eripe me de operantibus iniquitatem, et de viris sanguinum salva me.

Quia ecce ceperunt animam meam; irruerunt in me fortis.

Neque iniquitas mea, neque peccatum meum Domine : sine iniquitate cucurri et dixerii.

Exurge in occursum meum et vide, et tu Domine Deus virtutum, Deus Israel.

Intende ad visitandas omnes gentes : non miserearis omnibus, qui operantur iniquitatem.

Convertentur ad vesperam, et famem patientur ut canes, et circuibunt civitatem.

Ecce loquentur in ore suo, et gladius in labiis eorum : quoniam quis audivit ?

Et tu Domine deridebis eos ; ad nihilum deduces omnes gentes.

Fortitudinem meam ad te custodiam ; quia Deus susceptor meus es ; Deus meus, misericordia ejus præveniet me.

Deus ostendet mihi super inimicos meos, ne occidas eos : nequando obliviscantur populi mei.

By Thy grace, O Lord, I have not submitted to them, and I hope to remain steadfast in my obedience to Thee.

In Thy mercy rise up and come to meet me, O my God, and see that I long to be faithful. Thy power will be able to overcome all mine enemies.

Visit them in Thy wrath and crush these my enemies.

Let them come upon me in the evening, and let them have no satisfaction. Make them powerless to enter my soul and overcome my good resolutions.

They speak as if it were mere words, but these words wound my heart, for they cast a doubt on Thy fidelity to me.

But Thou, my Lord, shovest me that I may despise their temptations. Thou art able to overcome all the forces of evil.

O God my God, give me grace to rely on Thee for my strength. Thou alone art my sure Protector. In Thy mercy Thou wilt come to mine aid before I fall.

Thou wilt allow me to rise above all these enemies of my soul. I do not ask Thee, Lord, to let them cease from tempting me lest I forget that my safety is in my reliance on Thee.

Yet I beg Thee to scatter them so that their combined attack may not overwhelm me. Make their attacks of no avail, O Lord my Protector !

Let me see the pride of the devils which is found in every insinuation they make to me.

Make plain to me the hatred they have for Thee, my good God, and the deceit they whisper to me. In Thine anger bring them down and make an end of them.

Then shall all know that Thou art our King.

If they return in the evening let them have no satisfaction in me. Let them not enter my soul to overcome my resolutions.

Let them go elsewhere for their food, and let them murmur because Thou wilt not let them harm me.

I will sing of Thy strength by which Thou gainest for me the victory, and I will praise Thy mercy in the morning.

For Thou art my support and my refuge in the day of my trouble.

Unto Thee, my Helper, will I sing, for Thou art my refuge, my God, my merciful Saviour.

Disperge illos in  
virtute tua, et de-  
pone eos protector  
meus Domine.

Delictum oris eo-  
rum, sermonem la-  
biorum ipsorum :  
et comprehendan-  
tur in superbia sua.

Et de execratione  
et mendacio annun-  
tiabuntur in con-  
summatione : in ira  
consummationis, et  
non erunt.

Et scient, quia  
Deus dominabitur  
Jacob, et finium  
terræ.

Convertentur ad  
vesperam, et fa-  
mem patientur ut  
canes, et circui-  
bunt civitatem.

Ipsi dispergentur  
ad manducandum :  
si vero non fuerint  
saturati, et mur-  
murabunt.

Ego autem can-  
tabo fortitudinem  
tuam, et exultabo  
mane misericordia-  
m tuam.

Quia factus es sus-  
ceptor meus, et re-  
fugium meum in die  
tribulationis meæ.

Adjutor meus tibi  
psallam : quia De-  
us susceptor meus  
es : Deus meus  
misericordia mea.

**Deus, repulisti nos. Ps. 59.**

DEUS repulisti nos,  
et destruxisti nos :  
iratus es, et mis-  
ertus es nobis.

Commovisti ter-  
ram, et conturbasti  
eam : sana contri-  
tiones ejus, quia  
commota est.

Ostendisti populo  
tuo dura ; potasti  
nos vino compunc-  
tionis.

Dedisti metuenti-  
bus te significatio-  
nem, ut fugiant a  
facie arcus.

Ut liberentur di-  
lecti tui : salvum  
fac dextera tua, et  
exaudi me.

Deus locutus est  
in sancto suo :  
Lætabor et parti-  
bor Sichimam, et  
convallem taberna-  
culturum metibor.

Meus est Galaad,  
et meus est Manas-  
ses, et Ephraim for-  
titudo capitis mei.

**O** LORD my God, Thou hast cast me away from Thee, and reduced me to nothing by the sadness into which Thou hast allowed me to fall. Thou hast been angry with me in the past, but Thou didst have mercy on me.

Thou hast allowed the earth to quake and totter ; do Thou close the fissures that I may stand on solid ground.

Thou hast shown me Thy will which I find hard to follow. Thou hast brought sorrow on my soul.

To those who fear Thee Thou hast shown a sign that they fly from the attack of the evil spirits. O my Lord, Thou hast let me see that my safety is in flight. .

That I may remain Thy beloved, *i.e.*, remain and grow in grace, do Thou save me with Thy right hand and hear my prayer for safety.

Thou speakest to me O God, in the holy place—the choir, the sanctuary, from the tabernacle, telling me that Thou wouldest have me rejoice that Thou wilt do according to Thy will with all that is mine ; and measure out the vale of tabernacles, *i.e.*, the ground on which Thine army is encamped, even mine own soul.

Thine is the whole land, and Thou canst use what Thou wilt for a defence.

Thou dost choose Thy ruler where  
Thou wilt, and dost bring hope to us  
from most unlikely circumstances.

Thou wilt go to the confines of  
Thine enemy and make him subject to  
Thy will.

If I desire great victory over my  
enemies, who shall help me?

Wilt not Thou, my God, though I  
deserve only to be cast off? Thou  
wilt go with me into battle.

Help me, Lord, for no man can be of  
any assistance to me.

In Thy strength I shall be able to  
act with might, and Thou wilt bring  
to nought them that afflict me.

### **Exaudi, Deus. Ps. 60.**

**GIVE** ear to my cry, O Lord, and  
listen attentively to my prayer.

I am far from Thee, my God, but I  
will cry to Thee in my sadness. Thou  
hast taught me to fly to the only safe  
refuge, Thine own Son, Jesus. He is  
the Rock to whom I have recourse;  
He will lift me out of my troubles.

Lead me where Thou wilt, for I put  
my whole trust in Thee. Thou art a  
tower of strength against all who seek  
to rob my soul of peace and joy.

Juda rex meus;  
Moab olla spei  
meæ.

In Idumæam ex-  
tendam calceamen-  
tum meum; mihi  
alienigenæ subditi  
sunt.

Quis deducet me  
in civitatem muni-  
tam? quis deducet  
me usque in Idu-  
mæam?

Nonne tu Deus,  
qui repulisti nos:  
et non egredieris  
Deus in virtutibus  
nostris?

Da nobis auxili-  
um de tribula-  
tione, quia vana  
salus hominis.

In Deo faciemus  
virtutem, et ipse  
ad nihilum deducet  
tribulantem nos.

**EXAUDI** Deus de-  
precationem me-  
am: intende ora-  
tioni meæ.

A finibus terræ ad  
te clamavi: dum  
anxiaretur cor me-  
um, in petra exal-  
tasti me.

Deduxisti me,  
quia factus es spes  
mea: turris forti-  
tudinis a facie ini-  
mici.

Inhabitabo in tabernaculo tuo in sæcula : protegar in velamento alarum tuarum.

Quoniam tu Deus meus exaudisti orationem meam : dedisti hæreditatem timentibus nomen tuum.

Dies super dies regis adjicies ; annos ejus usque in diem generationis et generationis.

Permanet in æternum in conspectu Dei : misericordiam et veritatem ejus quis requiret ?

Sic psalmum dicam nomini tuo in sæculum sæculi, ut reddam vota mea de die in diém.

NONNE Deo subiecta erit anima mea ? ab ipso enim salutare meum.

Nam et ipse Deus meus, et salutaris meus ; susceptor meus, non movebor amplius.

Quousque irruitis in hominem ? interficitis universi vos : tanquam parieti inclinato et maceriæ depulsæ ?

I will dwell with Thee, Lord, in the chamber Thou hast chosen in my heart. Thou wilt protect me under the covert of Thy wings.

For Thou hast often heard me, and hast been very good to me. O God, Thou hast promised me Thine own inheritance if I remain faithful unto Thee.

Thou wilt in Thy mercy grant me length of days sufficient to draw close to Thee, that death itself shall not separate me from Thee, my own good God.

Let my soul abide always in Thy presence. I will rest on Thy mercy and truth, *i.e.*, the faithfulness of Thy loving care, for they are far beyond all that I can imagine.

I will sing to Thee, O Lord, for ever. I will renew my vows to Thee daily that I also may be faithful.

### **Nonne Deo. Ps. 61.**

**S**HALL not my soul be willingly subject to Thee, my God ? for from Thee is my salvation. Grant that I may use the grace Thou givest me.

Thou art my God, my Saviour, my Protector. As long as I trust in Thee I shall not be moved.

How long will they who fight against me use violence ? If I stood alone they might speedily destroy me as a wall that is not upright, and a fence that is broken.

They have tried to rob me of the value of my effort. They have forced me to fly from their fierce attack. They have offered me blessings and comfort, but were all the time cursing me.

In the time of trial may my soul be lovingly subject to Thee, my God, for Thou wilt grant me Thine own patience.

For Thou art my God, my Saviour, my helper. Whilst I hope in Thee I shall not be moved.

In Thee is my safety and my honour. Thou art the God of my help. My hope is in Thee.

May every soul trust in Thee and pour out their hearts before Thee, for Thou art our helper for ever.

The children of men are of no account ; they do not deal honestly. They unite together to deceive me.

Sin will be of no benefit to me, nor unjust possessions profit me. Even riches that have come to me justly have no claim on the trust of my heart.

Two things I have heard as Thy word, O my God ; All power is from Thee and belongs to Thee, and mercy

Verumtamen pretium meum cogitaverunt repellere ; cucurri in siti : ore suo benedicebant, et corde suo maledicebant.

Verumtamen Deo subjecta esto anima mea, quoniam ab ipso patientia mea.

Quia ipse Deus meus et salvator meus ; adjutor meus, non emigrabo.

In Deo salutare meum et gloria mea : Deus auxilii mei, et spes mea in Deo est.

Sperate in eo omnis congregatio populi ; effundite coram illo corda vestra : Deus adjutor noster in æternum.

Verumtamen vani filii hominum ; mendaces filii hominum in stateris, ut decipient ipsi de vanitate in idipsum.

Nolite sperare in iniuitate, et rapiñas nolite concupiscere : divitiæ si affluent, nolite cor apponere.

Semel locutus est Deus, duo hæc audiui ; quia potestas Dei est, et tibi Domine misericor-

dia, quia tu reddes  
unicuique juxta  
opera sua.

DEUS, Deus meus,  
ad te de luce vigilo.

Sitivit in te anima  
mea : quam multi-  
pliciter tibi caro  
mea.

In terra deserta  
et invia et in aquo-  
sa : sic in sancto  
apparui tibi, ut vi-  
derem virtutem tu-  
am et gloriam tu-  
am.

Quoniam melior  
est misericordia  
tua super vitas :  
labia mea lauda-  
bunt te.

Sic benedicam te  
in vita mea : et in  
nomine tuo levabo  
manus meas.

Sicut adipe et  
pinguedine replea-  
tur anima mea : et  
labiis exultationis  
laudabit os meum.

Si memor fui tui  
super stratum me-  
um, in matutinis  
meditabor in te :  
quia fuisti adjutor  
meus.

is Thine, O Lord, for Thou wilt render  
to every man according to his works.

**Deus, Deus meus. Ps. 62.**

MY God, I will watch for Thee, be  
on the alert for Thee in the  
early morning.

My soul, tired of vanity, has thirsted  
for Thee, and my weary flesh has  
longed for Thee in so many ways.

For without Thee my life is a desert  
in which I can see no way nor find any  
cool waters. But here in choir with  
Thee I wish to see Thy power, and  
learn to walk in the light of Thy glory,  
*i.e.*, in the light of everlasting life.

Thy mercy to me is better than all  
the joys of life ; therefore, now that I  
have Thee I will praise Thee with my  
lips.

Thou hast granted me the right to  
praise Thee, and hast called me to a  
life in which I can constantly praise  
Thy name, and offer all the work of  
my hands in Thy name.

Fill my soul with good things that  
I may know how to praise Thee.

If I remember Thee when I lie down  
to sleep Thou wilt in Thy mercy give  
me the grace to keep my mind fixed on  
Thee when I wake. Help me yet more,  
O Lord. If Thou hadst not been my  
protector in the past to what depths  
had I not sunk ? Help me yet more  
for I am very weak.

I will shelter under Thy wings, and be happy there in the grace Thou hast given me to be close to Thee. Let me cling to Thee, Lord, that I may learn how to follow Thee. Thy right hand has lifted me up. Take full possession of me, for only with Thee am I safe.

The evil spirits who try to distract me shall go to their own place. Thou, O Lord, hast overcome them by Thy holy cross. Thou hast rendered their power of no avail against me so long as I cling to Thee.

Thou hast made me to be king over all these enemies, and I will rejoice in Thee, my God. I will try to seek no joy but in Thee. I beg of Thee to let me persevere though evil tongues speak against me.

#### **Exaudi, Deus, orationem. Ps. 63.**

**H**EAR me, O my God, when I call to Thee for help. Guard my soul lest I stand in fear of the evil one, and have no courage to repel his attacks.

Thou hast protected me in the past from the conspiracy of the evil spirits and from those who work iniquity on the earth.

They have tried to catch my soul by saying bitter things against those who strive to lead a good life. They have tried to ruin the character of those whom I knew to be blameless.

They have acted deceitfully, making insinuations against the motives of the

Et in velamento  
alarum tuarum ex-  
ultabo ; adhæsit  
anima mea post  
te, me suscepit  
dextera tua.

Ipsi vero in va-  
num quæsierunt a-  
nimam meam ;  
introibunt in in-  
feriora terræ : tra-  
dentur in manus  
gladii, partes vul-  
pium erunt.

Rex vero lætabi-  
tur in Deo ; lauda-  
buntur omnes, qui  
jurant in eo : quia  
obstructum est os  
loquentium iniqua-

**EXAUDI** Deus  
orationem meam,  
cum deprecor : a  
timore inimici eripe  
animam meam.

Protexisti me a  
conventu malignan-  
tium ; a multi-  
tudine operantium  
iniquitatem.

Quia exacuerunt  
ut gladium linguas  
suas ; intenderunt  
arcum rem ama-  
ram ; ut sagittent  
in occultis imma-  
culatum.

Subito sagitta-  
bunt cum, et non

timebunt : firma-  
verunt sibi sermo-  
nem nequam.

Narraverunt, ut  
absconderent la-  
queos : dixerunt,  
Quis videbit eos ?

Scrutati sunt in-  
iquitates : defec-  
runt scrutantes  
scrutinio.

Accedet homo ad  
cor altum : et ex-  
altabitur Deus.

Sagittæ parvulo-  
rum factæ sunt  
plagæ eorum : et  
infirmitatæ sunt con-  
tra eos linguae eo-  
rum.

Conturbati sunt  
omnes, qui vide-  
bant eos : et timu-  
it omnis homo.

Et annuntiave-  
runt opera Dei :  
et facta ejus in-  
tellexerunt.

Lætabitur justus  
in Domino, et spe-  
rabit in eo : et  
laudabuntur omnes  
recti corde.

Te decet hymnus  
Deus in Sion, et  
tibi reddetur vo-  
tum in Jerusalem.

innocent, exaggerating small faults  
until they appeared grievous.

They have cast doubts on those who  
strive to serve Thee. They have  
hinted that Thou hadst no care of Thy  
faithful servants.

They have taken great pains to find  
evil in the lives of Thy saints, but by  
Thy grace they have failed.

They have gained only a proud, hard  
heart, but Thou, our God, art exalted  
in the end.

Thou dost use the weak ones of this  
world to confound the strong. Let not  
the reports of these Thine enemies do  
harm to those who serve Thee faithfully.

In the last day all shall be terrified  
at the sight of the punishment which  
will come upon these evil doers, and  
all men shall see that Thou alone art  
to be feared.

Then shall all declare Thy works, O  
my God, and in the light of Thy  
countenance they shall understand  
what Thou hast done in the souls  
of Thy saints.

The just shall rejoice in Thee and  
hope in Thee, O Lord. Grant that I  
may stand in that day with the up-  
right of heart, and that I may receive  
with them Thy praise which alone is  
worth striving for.

#### **Te decet hymnus. Ps. 64.**

I HAVE been chosen by Thee, my God,  
to render Thee that praise which  
all should give to Thee. By my vows  
I have devoted myself to Thy service.

Hear my prayer, O Lord, for Thou hast made me so that my whole being is drawn to Thee.

Of myself I am not worthy to praise Thee, for my words are those of a poor sinner; but I trust in Thy power, because Thou hast called me and hast pardoned my sins. Thou wilt not look upon my weakness, but upon the merits of Thy Son who joins in my prayer.

Blessed art Thou, my Lord, for Thou hast chosen me and taken me from my sinful life that I may dwell with Thee and do Thy work.

Thou hast filled me with many graces to enable me to do the work of Thy house. Thou hast chosen my heart for Thy temple. Make it fit for Thee in all holiness. The path of perfection is too difficult for me to walk therein alone. Do Thou help me in Thine own strength, O Lord.

Hear me, O God my Saviour. Thou who art my hope, help me to recall and fix my wandering thoughts on Thee.

Thine Almighty power has done great things in the past. Thou hast made the earth according to Thy will, raising up the hills to approach Thee, and compelling the sea to be still.

In like manner Thou hast overcome nations of unruly men by Thy manifest power. Thou delightest in the praise we give Thee morning and evening for all Thy goodness.

Exaudi oratione meam : ad te omnis caro veniet.

Verba iniquorum prævaluerunt super nos : et impietatus nostris tu propitiaberis.

Beatus, quem elegisti et assumpsisti; inhabitabit in atriis tuis.

Replebimur in bonis domus tuæ : sanctum est templum tuum, mirabile in æquitate.

Exaudi nos Deus salutaris noster spes omnium finium terræ et in mari longe.

Præparans montes in virtute tua, accinctus potentia ; qui conturbas profundum maris, sonum fluctuum ejus.

Turbabuntur gentes, et timebunt, qui habitant terminos a signis tuis : exitus matutini, et vesperæ delectabis.

Visitasti terram et  
inebriasti eam :  
multiplicasti locu-  
pletare eam.

Flumen Dei re-  
pletum est aquis ;  
parasti cibum illo-  
rum : quoniam ita  
est præparatio ejus.

Rivos ejus inebria,  
multiplica geni-  
mina ejus ; in stilli-  
cidiiis ejus lætabitur  
germinans.

Benedices coronæ  
anni benigitatis  
tuæ : et campi tui  
replebuntur uber-  
tate.

Pinguiscent spe-  
ciosa deserti : et  
exultatione colles  
accingentur.

Induti sunt arie-  
tes ovium, et valles  
abundabunt fru-  
mento : clamabunt,  
etenim hymnum  
dicent.

J U B I L A T E Deo  
omnis terra ; psal-  
mum dicite nomini  
ejus : date gloriam  
laudi ejus.

Thou hast not left the world alone  
to its own forces, but in Thy great  
kindness Thou Thyself didst come to  
us, and didst make us to overflow with  
the riches of Thy grace.

The holy Sacraments, Thy rivers of  
grace, are ever full of living water, and  
the food Thou hast prepared for me is  
Thine own Precious Body and Blood.

Continue, O Lord, to be bountiful to  
me, and fill still more the rivers of  
Thy grace. In Thy goodness apply  
them still more plentifully to my soul.  
As in a gentle shower let Thy grace  
make fruitful the every day actions  
of my life.

Let each year be more full of Thy  
benefits, and widen my heart that it  
may be able to contain them.

Let the waste places in my life be  
rendered fruitful, and my heart be  
ever filled with joy. Let the quiet  
places of the earth be made beautiful  
in Thy sight by the cloisters estab-  
lished in Thine honour, and may the  
hills be girt about with Thy praises.

May all Thy gifts be returned to  
Thee by my praises and thanksgiving.  
How good Thou art to allow me to  
serve Thee and offer Thee thanks for  
the whole world !

### **Jubilate Deo. Ps. 65.**

I WILL sing joyfully to Thee, O God,  
with all the earth. I will praise  
Thee in psalmody, and glorify Thy  
holy Name.

How great are Thy works, O Lord !  
Thy strike me with fear. Thy strength  
is so great that Thine enemies cringe  
before Thee.

Let the whole earth adore Thee and  
sing psalms to Thy holy Name.

I will come and consider Thy works,  
O God. Great fear and reverence are  
due to Thee because of Thy govern-  
ment of men.

Thou canst turn the sea into dry  
land, as in the Red Sea, and Thou  
canst hold up the rivers as Thou didst  
the Jordan. When I hear of Thy  
power it maketh my heart glad.

By Thy power Thou rulest for ever  
and dost consider the nations of the  
earth. Let not those who provoke  
Thee hold up their heads in defiance  
of Thee.

May all nations bless Thee and make  
Thy praise resound throughout the  
earth.

Let them bless Thee, O Lord, for  
Thy kindness to me, giving me a  
continued life in which to serve Thee,  
and a steadfastness in Thy service.

Thou, my God, hast proved my  
desire to serve Thee. Thou hast tried  
me by fire as silver is tried and refined.

Dicite Deo, quam  
terribilia sunt opera  
tua Domine : in  
multitudine virtutis  
tuæ mentientur tibi  
inimici tui.

Omnis terra ad-  
oret te, et psallat  
tibi : psalmum di-  
cat nomini tuo.

Venite et videte  
opera Dei : terri-  
bilis in consiliis  
super filios homi-  
num.

Qui convertit  
mare in aridam ;  
in flumine pertransi-  
sibunt pede : ibi  
lætabimur in ipso.

Qui dominatur in  
virtute sua in æter-  
num ; oculi ejus  
super gentes respi-  
ciunt : qui exasper-  
ant, non exalte-  
tentur in semetip-  
sis.

Benedicte, gen-  
tes, Deum nos-  
trum, et auditam  
facite vocem laudis  
ejus.

Qui posuit ani-  
mam meam ad  
vitam : et non dedi-  
cit in commoti-  
onem pedes meos.

Quoniam probasti  
nos Deus : igne nos  
examinasti, sicut  
examinatur argen-  
tum.

Induxisti nos in laqueum ; posuisti tribulationes in dorso nostro ; imposuisti homines super capita nostra.

Transivimus per ignem et aquam : et eduxisti nos in refrigerium.

Introibo in dominum tuam in holocaustis : reddam tibi vota mea, quæ distinxerunt labia mea.

Et locutum est os meum in tribulatione mea.

Holocausta medullata offeram tibi cum incenso arietum : offeram tibi boves cum hircis.

Venite, audite et narrabo, omnes qui timetis Deum, quanta fecit animæ meæ.

Ad ipsum ore meo clamavi, et exaltavi sub lingua mea.

Iniquitatem si aspexi in corde meo, non exaudiet Dominus.

Propterea exaudiuit Deus, et attendit voci deprecationis meæ.

Thou hast allowed the evil spirits to lay snares for me. Thou hast laid on me many burdens, and put me under the dominion of my fellow men.

I have been subjected to all kinds of dangers, but Thou hast brought me into peace and rest in the life Thou allowest me to lead for Thee.

Therefore, to repay Thee for all Thy kindness I will go into Thy house with my offerings, my promises which I have deliberately made to Thee.

I spoke to Thee when I was in trouble, casting myself upon Thee.

Grant, dear Lord, that I may refuse Thee nothing Thou askest me to offer Thee.

I will invite all that fear Thee to come and hear what great things Thou hast done for my poor soul.

I prayed to Thee that Thou wouldest help me, and I offered Thee my praise.

I would not wilfully allow evil thoughts to remain in my mind or Thou wouldest not have listened to my prayer.

Therefore, my good God, Thou didst hear me and didst grant my prayer.

Blessed be Thou, my Lord and my God, who didst not turn away from my petition, nor stint Thy mercy to me.

**Deus misereatur. Ps. 66.**

**H**AVE mercy on me, O God, and bless me; shed the light of Thine own kind Face upon me, and have mercy on me.

In that light I shall see Thy way. Oh! would that I did quite clearly know Thy ways and how Thou wouldest have me to walk! I can know Thy ways by keeping before me Thy salvation, *i.e.*, the salvation Thou didst work for me in the life of Thy Son, and in the example of Thy saints, and in Thy work in my own community.

The prayer of my soul shall be that all nations may give glory and thanks to Thee, O God. Love of Thee implies the desire that Thou shouldst be loved by all. This shall be my zeal for Thee.

Joy of heart is Thy gift, O God. Thou most justly judgest all hearts, seeing the good that is in them, and guiding them according to Thy Divine will, though for the most part they neglect Thee. Thy hand is over the whole earth, and I must pray that Thy divine influence may be felt in all hearts.

Thus, at the very beginning of the day, I am reminded of the real end of the Divine Office—to confess Thy glory and goodness throughout the whole Church, but especially Thy goodness to me.

Benedictus Deus ; qui non amovit orationem meam, et misericordiam suam a me.

DEUS miseratur nostri, et benedicat nobis : illuminet vultum suum super nos, et misereatur nostri.

Ut cognoscamus in terra viam tuam ; in omnibus gentibus salutare tuum.

Confiteantur tibi populi Deus : confiteantur tibi populi omnes.

Lætentur et exultent gentes ; quoniam judicas populos in æquitate : et gentes in terra dirigis.

Confiteantur tibi populi Deus : confiteantur tibi populi omnes : terra dedit fructum suum.

Benedicat nos Deus, Deus noster, benedicat nos Deus : et metuant eum omnes fines terræ.

O my God, bless me and be good to me, that the earthiness in me may be terrified and shrink out of sight, leaving only Thysel and my soul. Bless me, and may my soul praise Thee for the whole Church and for myself for ever. Graciously grant that the earth that I am may bear for Thee the fruit of virtue and sanctity, and thus glorify Thee for ever.

**Exurgat Deus. Ps. 67.**

EXURGAT Deus et dissipentur inimici ejus : et fugiant, qui oderunt eum, a facie ejus.

Sicut deficit fumus, deficiant : sicut fluit cera a facie ignis, sic pereant peccatores a facie Dei.

Et justi epulentur et exultent in conspectu Dei : et delectentur in lætitia.

Cantate Deo, psalmum dicite nomini ejus ; iter facite ei, qui ascendit super occasum : Dominus nomen illi.

Exultate in conspectu ejus : turbabuntur a facie ejus, patris orpharorum et judicis viduarum.

ARISE, O God, in Thy might and put Thine enemies to flight ; let them that hate Thee fly in fear from before Thy face.

As smoke is driven away by the wind till it is not seen, let them vanish ; as wax melts before the fire, so let Thine enemies perish, O God.

Grant that those who love Thy justice may feast before Thee and delight in the contemplation of Thy greatness.

I will sing to Thee, my God ; I will sing a psalm to Thy Name. I will make a way for Thee who comest in Thy glory from the west (*i.e.*, out of Egypt), for Thou art my Lord.

Let the just rejoice before Thee, but let the wicked be troubled at Thy presence. Thou art worthy of all praise, for Thou art the protector and the Father of orphans. Thou art the just judge of widows, and none that are in distress shall fear to come to Thee.

Thou art our God, and Thou dost dwell in our midst in Thy holy tabernacle. Thou hast deigned to allow me to live in Thy company.

In Thy might Thou didst release us who are Thy brethren, for in past time we were bound by Satan. But those that will not serve Thee and become Thy familiar friends, Thou makest as if they were in the grave.

O God, when Thou didst manifestly lead Thy chosen people through the desert,

Thou didst show Thy power over all nature. The earth quaked, and the heavens bowed down to the earth in rain and hail when Thou gavest the Law on Mount Sinai.

Thou dost send a bountiful rain of grace upon those who are Thine inheritance. Thy people were weak but Thy grace has led them to perfection.

All riches from Thy hand shall find a place in Thine inheritance, for in Thy kindness Thou hast provided for us who would be so poor without Thee.

Thou dost also provide us with the preaching of the truth in Thine own power.

This Thy power is shown most splendidly in the love Thou givest to Thy chosen ones. They who are clothed by Thee with virtues shall divide the spoils of Thy victories, O Thou King of power.

Deus in loco  
sancto suo : Deus,  
qui inhabitare facit  
unius moris in  
domo.

Qui educit vinc-  
tos in fortitudine ;  
similiter eos, qui  
exasperant, qui ha-  
bitant in sepulchris.

Deus cum egre-  
dereris in conspectu  
populi tui : cum  
pertransires in de-  
serto :

Terra mota est,  
etenim cœli distil-  
laverunt a facie Dei  
Sinai, a facie Dei  
Israel.

Pluviam voluntariam  
segregabis,  
Deus, hæreditati  
tuæ ; et infirmata  
est, tu vero perfe-  
cisti eam.

Animalia tua ha-  
bitabunt in ea :  
parasti in dulcedine  
tua pauperi, Deus.

Dominus dabit  
verbum evangelizan-  
tibus virtute  
multa.

Rex virtutum di-  
lecti dilecti : et spe-  
ciei domus dividere  
spolia.

Si dormiatis inter medios clerós,  
pennæ columbæ deargentatæ : et posteriora dorsi ejus in pallore auri.

Dum discernit cœlestis reges super eam, níve dealbantur in Selmon : mons Dei, mons pinguis.

Mons coagulatus, mons pinguis : ut quid suspicamini montes coagulatos ?

Mons in quo beneplacitum est Deo habitare in eo : etenim Dominus habbit in finem.

Currus Dei decem millibus multiplex, millia lætantium : Dominus in eis in Sina in sancto.

Ascendisti in altum, cepisti captivitatem : accepisti dona in hominibus.

When Thou dwellest in the midst of Thy faithful people who receive their inheritance by lot, Thou shalt be to us like a gentle dove of most beautiful plumage, assuring us that to Thee belong all beauty and riches. Thy bride, the Church, shall be Thy dove Thy beautiful one, and she shall speak in Thy name.

When Thou who dwellest in heaven shalt exercise Thy right to judge in Thy Church, which is not only Thy dove, Thy beautiful one, but also Thy city, Thy faithful ones shall be as splendid as new fallen snow on the mountains. Thy mountain is a mountain clothed with blessings.

Thy Church, O Lord, shall be a most fruitful mountain on which many flocks may feed. Why then do men seek other mountains when all that the soul requires may be found here ?

For this, O God, is the mount in which Thou art pleased to dwell, and where Thou shalt dwell for ever.

The chariot of thy triumph in which Thou, O Lord, dost lead the souls of men captive by Thy love, shall be followed by countless multitudes of most willing and joyful captives, for Thou art in the midst of them in Thy Church and in Thy tabernacle.

Thou hast ascended to heaven after Thy victory to find a place for Thy captives, and to bring down the gifts of grace won by Thy Passion and Death.

Thou hast not forgotten even those who believe not in Thee, for Thy presence on the earth, O Lord God, is a blessing also to them.

Etenim non credentes inhabitare Dominum Deum.

### **Division of Ps. 67 in Benedictine Breviary.**

**B**E Thou blessed, O Lord, day by day, and be Thou exalted without end. Thou art the God of our salvation who makest our life prosperous in the riches which last for ever.

Thou bringest us the means of safety, for Thou art the Lord of life and death, giving us a safe passage even through the gates of death.

Thou givest us the means to overcome all the enemies of our soul, and Thou wilt bring down the pride of all who walk in sin.

Even if the enemy be encamped in a high mountain of Basan, Thou wilt put him to flight and cast him into the sea.

Thou, O God, wilt give the faithful soul the complete victory, as complete as if all its enemies were slain in battle so that the whole ground was red with their blood and the dogs could drink of it.

The whole earth has acknowledged Thine entrance amongst us, the entrance of Thee, our God, the eternal King who now dwellest in Thy tabernacle.

**BENEDICTUS** Dominus die quotidie : prosperum iter faciet nobis Deus salutarium nostrorum.

Deus noster, Deus salvos faciendi : et Domini Domini exitus mortis.

Verumtamen Deus confringet capita inimicorum suorum : verticem capilli perambulantium in delictis suis.

Dixit Dominus ; Ex Basan convertam, convertam in profundum maris :

Ut intingatur pes tuus in sanguine : lingua canum tuorum ex inimicis ab ipso.

Viderunt ingressus tuos Deus : ingressus Dei mei, Regis mei, qui est in sancto.

Prævenerunt  
principes conjuncti  
psallentibus in me-  
dio juvencularum  
tympanistriarum.

In ecclesiis ben-  
dicte Deo Domi-  
no, de fontibus Is-  
rael.

Ibi Benjamin ado-  
lescentulus in men-  
tis excessu.

Principes Iudæa,  
duces eorum : prin-  
cipes Zabulon, prin-  
cipes Nephthali.

Manda Deus vir-  
tuti tuæ : confirma  
hoc, Deus, quod  
operator es in nobis.

A templo tuo in  
Jerusalem, tibi of-  
ferent reges mu-  
nera.

Increpa feras  
arundinis, congrega-  
tio taurorum in  
vaccis populorum :  
ut excludant eos,  
qui probati sunt  
argento.

Dissipa gentes,  
quæ bella volunt ;  
venient legati ex  
Ægypto : Æthio-  
pia præveniet ma-  
nus ejus Deo.

Regna terræ can-  
tate Deo : psallite  
Domino.

All classes sing to Thee. Kings and  
princes, gentle virgins and strong  
young men.

I will then bless Thee, O Lord God,  
for the wonderful foundation of Thy  
Church.

There is the beloved Son beside  
Himself with joy,

And the chosen princes of the  
families of Israel.

Do Thou, O God, give command to  
Thy great grace, and make constant  
the hearts Thou hast chosen.

Accept the offerings which kings  
bring to Thee for Thy temple and the  
adornment of Thy tabernacle.

Do Thou keep in check mine enemies  
that lie in wait, and those that meet  
my soul openly. They strive by all  
means in their power to keep Thy  
chosen ones from coming to Thee with  
pure and refined hearts.

Scatter the nations that delight in  
war, but send to Thy Church many  
from all nations. Grant that all may  
stretch out their hands to Thee, O  
God.

I will sing to Thee, my God, and all  
the kingdoms of the earth will sing  
Thy praise.

I will sing to Thee ascending in Thy glory as the sun rising in his splendour.

Thou, O Lord, wilt call in a voice which all hearts can hear. For my part, I will give Thee all the glory I can for the Church, because of Thy great beauty and strength in the heavens.

Thou art most wonderful in Thy saints. The power Thou wilt give to Thy people is the power of holiness. Blessed be Thou, my own good God.

**Salvum me fac, Deus. Ps. 68.**

**S**AVE me, O my merciful God, for the bitter waters of desolation have entered my soul.

I stick fast and can make no progress to Thee, for my feet are held by the slime of my former habits.

Moreover, I am as if in deep waters, and the waves raised by the evil one well nigh overwhelm me.

Nothing seems to come of my prayers, and my voice refuses to utter any sound. Mine eyes, opened in expectation of Thy coming to my relief, are grown weary.

The evil spirits who hate me, because they hate Thee, my Lord, are more numerous than the hairs of my head. They give me no rest.

They have taken courage. They maliciously accuse me of sins I have not committed, and I have had to pay a price for what I never had.

Psallite Deo, qui ascendit super cœlum cœli, ad orientem.

Ecce dabit voci suæ vocem virtutis ; date gloriam Deo super Israel ; magnificientia ejus et virtus ejus in nubibus.

Mirabilis Deus in sanctis suis ; Deus Israel ipse dabit virtutem et fortitudinem plebi suæ : benedictus Deus.

SALVUM me fac Deus ; quoniam intraverunt aquæ usque ad animam meam.

Infixus sum in limo profundi : et non est substantia.

Veni in altitudinem maris, et tempestas demersit me.

Laboravi clamans, raucae factæ sunt fauces meæ : defecerunt oculi mei, dum spero in Deum meum.

Multiplicati sunt super capillos capitum mei, qui oderunt me gratis.

Confortati sunt, qui persecuti sunt me, inimici mei injuste : quæ non rapui, tunc exolebam.

Deus tu scis insipientiam meam :  
et delicta mea a te non sunt abscondita.

Non erubescant in me, qui expectant te Domine ; Domine virtutum.

Non confundantur super me, qui querunt te Deus Israel.

Quoniam propter te sustinui opprobrium : operuit confusio faciem meam.

Extraneus factus sum fratribus meis ; et peregrinus filiis matris meae.

Quoniam zelus domus tuæ comedit me : et opprobria exprobriantium tibi cediderunt super me.

Et operui in jejunio animam meam : et factum est in opprobrium mihi.

Et posui vestimentum meum cilicium : et factus sum illis in parabolam.

O God, Thou knowest my folly. All my sins are known to Thee.

Let not those who really seek Thee be ashamed and turned back because of my distress, O Lord of hosts.

Grant that others who are trying to come to Thee may not be disheartened through me, *i.e.*, if Thou wilt not relieve me for my own sake, send me consolation lest others be cast down on my account.

It is because I was striving to be faithful to Thee, Lord, that all this reproach has come upon me.

When I resolved to follow Thy call to live closer to Thee, my brethren also have treated me as if I were a stranger ; and the children of my own mother, good members of the Church, have made me feel as if I were not of their family.

For the zeal of Thy house hath consumed me, and they that reproached Thee have turned the self-same reproaches on to me.

Then I tried to live only to Thee by a mortified life, and I was jeered at.

I wore hair-cloth and tried to cast from me all bodily comforts, and I became a by-word to them.

None spared me, neither the serious elders who sat to judge the people, nor the young libertines.

But I address my prayer to Thee, O Lord. Hear me in Thine own good time.

In the infinity of Thy mercy hear Thou me in fidelity to Thy promises.

Draw me out of the mire of my bad habits which still clog my feet. Deliver me from the evil spirits who hate my soul, and from the deep waters of desolation which surge about me.

Let neither tempest nor deep nor any pit swallow me up.

#### **Division of Ps. 68 in Benedictine Breviary.**

**L**ISTEN to my prayer, O Lord, for Thou art kind. In Thy tender mercy look upon me with Thine eyes of pity.

Turn not away Thy face from Thy child, for I am in trouble. O come to me quickly.

Bend down to my soul and snatch it from danger. Save me, for mine enemies are strong against me.

Adversum me loquebantur, qui sedebant in porta : et in me psallebant, qui bibebant vinum.

Ego vero orationem meam ad te Domine : tempus beplaciti Deus.

In multitudine misericordiae tuæ exaudi me ; in veritate salutis tuæ.

Eripe me de luto, ut non infigar : libera me ab iis, qui oderunt me, et de profundis aquarum.

Non me demergat tempestas aquæ ; neque absorbeat me profundum : neque urgeat super me puteus os suum.

**EXAUDI** me Domine, quoniam benigna est misericordia tua : secundum multitudinem miserationum tuarum respice in me.

Et ne avertas faciem tuam a puero tuo : quoniam tribulor, velociter exaudi me.

Intende animæ meæ, et libera eam : propter inimicos meos eripe me.

## PSALM 68.

Tu scis impro-  
perium meum, et  
confusionem meam,  
et reverentiam me-  
am.

In conspectu tuo  
sunt omnes qui  
tribulant me : im-  
properium expec-  
tavit cor meum et  
miseriam.

Et sustinui qui si-  
mul contristaretur,  
et non fuit ; et qui  
consolaretur, et non  
inveni.

Et dederunt in  
escam meam fel :  
et in siti mea po-  
taverunt me aceto.

Fiat mensa eorum  
coram ipsis in la-  
queum, et in retribi-  
tiones, et in scan-  
dalum.

Obscurentur oculi  
eorum, ne videant :  
et dorsum eorum  
semper incurva.

Effunde super eos  
iram tuam : et furor  
iraæ tuæ compre-  
hendat eos.

Fiat habitatio eo-  
rum deserta : et in  
tabernaculis eorum  
non sit qui in-  
habitetur.

Thou knowest, O Lord, how easily  
Thou canst reproach me and confuse  
me because of my sins. Thou knowest  
my dishonour because of my repeated  
sins against Thee.

Still Thou seest that the evil spirits  
who disturb me are Thy confirmed  
enemies. Thy Divine Son Himself  
when in desolation on the Cross cried  
out—" My heart hath looked for re-  
proach and misery."

" I looked for one who would grieve  
with me, but there was none, and for  
one who would comfort me, and I  
found him not.

And they gave me gall for My food,  
and in My thirst they gave Me vinegar  
to drink." By the desolation of Thy  
Divine Son on the Cross support me  
now, O my God, and let me not lose  
heart altogether.

I cry to Thee to turn Thy wrath  
against mine enmies. Let their table  
at which they devise evils against me  
be a snare to them so that their designs  
may fail.

May their eyes be darkened that  
they see not to torment me, and may  
their back be bent that they cannot  
look up to molest me.

Pour out Thine indignation upon  
them, and may the vehemence of Thy  
wrath take hold of them.

Let their home be as a desert with  
no comfort, and their dwelling without  
any fellowship.

For they have persecuted Thine own Son when Thou didst strike Him for our sins, and they made His wounds most grievous. So now they assail me and make the wounds I have inflicted on my soul by sin to fester and be a constant annoyance to me.

Add to their iniquity its full reward, and let them have no justice in Thy sight.

Let them be blotted out of the book of the living, and let them not be even mentioned among the just.

But I am poor and sorrowful, O my God; I rest wholly on the salvation Thou offerest me.

I will praise Thy name with a song of thanks. I will strive to grow in Thy knowledge that I may praise Thee more fully.

My striving to know Thee and love Thee, my good God, shall be better than the choicest burnt-offering.

Let me, poor in mine own eyes, be able to see and understand Thee that I may have joy in Thee. I will seek Thee, Lord, that my soul may have full life.

For Thou hast heard the cry of the poor, and they that are in captivity Thou hast not despised.

Let all nature praise Thee, my King and my God.

Quoniam quem tu percussisti, persecuti sunt : et super dolorem vulnerum meorum addiderunt.

Appone iniquitatem super iniquitatem eorum : et non intrent in justitiam tuam.

Deleantur de libro viventium, et cum justis non scribanter.

Ego sum pauper et dolens : salus tua Deus suscepit me.

Laudabo nomen Dei cum cantico : et magnificabo eum in laude.

Et placebit Deo super vitulum novellum, cornua producentem et unguis.

Videant pauperes et lætentur : quærite Deum et vivet anima vestra.

Quoniam exaudiuit pauperes Dominus ; et vincitos suos non despexit.

Laudent illum coeli et terra ; mare et omnia reptilia in eis.

Quoniam Deus  
salvam faciet Sion ;  
et ædificabuntur ci-  
vitates Juda.

Et inhabitabunt  
ibi : et hæreditate  
acquirent eam.

Et semen ser-  
orum ejus possidebit  
eam : et qui dilin-  
gunt nomen ejus,  
habitabunt in ea.

In te Domine  
speravi, non con-  
fundar in æter-  
num : in justitia  
tua libera me et  
eripe me.

Inclina ad me  
aurem tuam, et sal-  
va me.

Esto mihi in De-  
um protectorem, et  
in locum munitum :  
ut salvum me fa-  
cias.

Quoniam firmam-  
entum meum ; et  
refugium meum es  
tu.

Deus meus eripe  
me de manu pec-  
catoris : et de  
manu contra legem  
agentis, et iniqui-

Quoniam tu es  
patientia mea Do-

## PSALM 70.

For Thou wilt save Thine own be-  
loved Church, and the smaller cities of  
Juda, the religious Orders, shall  
flourish.

They shall live in Thy grace, and it  
shall become an inheritance to them.

The seed of Thy servants shall pos-  
sess Thy grace, and they that love Thy  
holy Name shall dwell in Thee for ever.

*The 69th Psalm is a repetition of part  
of the 39th.*

### In Te, Domine. Ps. 70.

IN Thee, O Lord, have I hoped. Let  
not my trust in Thee be in vain.  
Deliver me in Thy justice, *i.e.*, because  
of the love of Thy justice, from de-  
pression which will rob me of hope, and  
do Thou rescue me from all sadness.

Bend down Thine ear to my prayer  
and save me from the dangers that  
threaten me.

Be to me a merciful God in whom I  
may have confidence, my Protector to  
defend me, my Fortress to which I  
can fly for safety.

Thou alone art my support and my  
refuge, my own good God !

Deliver me from evil example and  
from the company of those who serve  
Thee not. Save me, O God, from those  
who oppress the poor.

Thou, O Lord, art the sole object of  
my desire for whom I have waited and

longed. Thou art my hope from my youth.

Since my birth Thou hast protected me and been my support.

I will never cease to praise Thee, O God. Thou art still my helper, though my past life has made men wonder that Thou hast regard to me.

Let not only my mouth but my whole being be filled with praise of Thee, my good God, that I may give glory to Thee and extol Thy greatness all the day.

Be Thou constant to me even unto old age when my natural strength will fail me. Do not Thou forsake me.

For mine enemies have plotted against me, and they who for hatred of Thee have been on the watch to rob me of Thy grace, have taken the strong counsel of the fallen angels how they may overcome me.

At times they have said and put into my mind that Thou hadst forsaken me because of my sins and frequent negligences. They have said to each other, Pursue him now and take him, for there is no one to deliver him.

O my God, be not far from me; make haste to help me, Lord.

Let these adversaries of my soul be confounded, and let their designs come

mine : Domine spes  
mea a juventute  
mea.

In te confirmatus  
sum ex utero : de  
ventre matris meæ  
tu es protector me-  
us.

In te cantatio  
mea semper ; tan-  
quam prodigium  
factus sum multis :  
et tu adjutor fortis.

Repleatur os me-  
um laude, ut can-  
tem gloriam tuam :  
tota die magnitu-  
dinem tuam.

Ne projicias me  
in tempore senec-  
tutis : cum defec-  
cerit virtus mea, ne  
derelinquas me.

Quia dixerunt ini-  
mici mei mihi : et  
qui custodiebant a-  
nimam meam, con-  
silium fecerunt in  
unum :

Dicentes, Deus  
dereliquit eum ;  
persequimini et  
comprehendite  
eum : quia non est  
qui eripiat.

Deus ne elonge-  
ris a me : Deus  
meus, in auxilium  
meum respice.

Confundantur et  
deficiant detrahen-  
tes animæ meæ ;

operiantur confusione et pudore, qui quærunt mala mihi.

Ego autem semper sperabo : et adjiciam super omnem laudem tuam.

Os meum annuntiabit justitiam tuam : tota die salutare tuum.

Quoniam non cognovi litteraturam, introibo in potentias Domini : Domine memorabor justitiae tuæ solius.

Deus, docuisti me a juventute mea : et usque nunc pronuntiabo mirabilia tua.

Et usque in senectam et senium, Deus, ne derelinquas me.

Donec annuntiem brachium tuum generationi omnini, quæ ventura est :

Potentiam tuam et justitiam tuam, Deus, usque in altissima, quæ fecisti magnalia : Deus quis similis tibi ?

to nought. May they be covered with shame and confusion at their failure.

But I will always hope in Thee, my God. I will join my voice to all who praise Thee.

My mouth shall recount Thy perfections and the salvation Thou hast offered to me all the day long.

Though I am unlearned in the knowledge of Thy perfections and infinite attributes, yet I will speak of Thy great power. I will be ever mindful of Thine eternal justice which is Thine alone, and which urges Thee to have mercy on me, because I am so weak.

Thou, O God, hast been my teacher from my youth, allowing me to be brought up in the faith of Thy holy Church. As long as I live I will declare what I know of all Thy works. I will thank Thee in my prayer for Thine infinite goodness to me, my own good God.

In mine old age forsake me not. Keep me under Thy kind protection even till my grey hairs.

Give me time that I may declare to all whom I may meet,

Thy power, Thy justice, and the greatest favours Thou hast shown to me. Who is like unto Thee, my God, the God of my heart ?

Thou hast indeed brought great troubles and trials upon me, and then graciously changing them, Thou hast brought me back to Thee from the troubles of earth.

Thy kindness and mercy in comforting me have been beyond all other manifestations of Thy power.

I will praise Thee, O God, in whatever way Thou allowest me, Thou the Holy One of Israel !

I will strive to be joyful in my praise of Thee, and my soul which Thou, dear Lord, hast bought with Thy Most Precious Blood shall also give itself to joy.

Yea, and my tongue shall speak of Thy perfection all the day, for they who seek to do me evil are confounded and brought to shame.

#### **Deus, judicium tuum. Ps. 71.**

**G**RANT to me, O Lord, that I may judge with Thy judgment, and that I may live in the perfection taught me by Thy Son.

That I may make my judgment of Thy people in union with Thy kind judgment, seeing always the good, and that I may not be moved to be hard on the poor and lenient to the rich.

Thus shall the mountains, those in authority over me, be at peace with

Quantas ostendisti mihi tribulationes multas et malas ; et conversus vivificasti me : et de abyssis terrae iterum reduxisti me.

Multiplicasti magnificentiam tuam : et conversus consolatus es me.

Nam et ego confitebor tibi in vasis psalmi veritatem tuam : Deus, psallam tibi in cithara, sanctus Israel.

Exultabunt labia mea, cum cantavero tibi ; et anima mea, quam redemisti.

Sed et lingua mea tota die meditabitur justitiam tuam ; cum confusi et reveriti fuerint, qui querunt mala mihi.

D E U S , judicium tuum regi da ; et justitiam tuam filio regis.

Judicare populum tuum in justitia ; et pauperes tuos in judicio.

Suscipient montes pacem populo,

et colles justitiam.

Judicabit pauperes populi, et salvos faciet filios pauperum : et humiliabit calumniatorem.

Et permanebit cum sole, et ante lunam, in generatione et generationem.

Descendet sicut pluvia in vellus, et sicut stillicidia stlicantia super terram.

Orietur in diebus ejus justitia et abundantia pacis ; donec auferatur luna.

Et dominabitur a mari usque ad mare ; et a flumine usque ad terminos orbis terrarum.

Coram illo procident *Æthiopes* : et inimici ejus terram lingent.

Reges Tharsis, et insulæ munera offrent : reges Arabum et Saba dona adducent.

Et adorabunt eum omnes reges terræ : omnes gentes servient ei.

me, and my companions, shall receive from me a charitable, and, therefore, a more just judgment.

Do Thou, O Lord, have special regard to the poor, and to those who make themselves poor for Thy sake. Have mercy on the children of the poor, who, by their age and poverty, have a double claim on Thy mercy. Humble the proud who judge Thy little ones unjustly.

So shall my soul please Thee and reign with Thee for my whole life.

Then shall my influence be as a gentle rain falling without noise upon wool, and as showers falling gently, doing nothing but good.

The perfection of life demanded by Thy justice shall flourish, and great peace be over all souls as long as the light put by Thee in the heavens shall be given to men.

The rule of Thy love shall be spread abroad and have sway without hindrance.

Then shall the wicked be subdued and crushed to the earth.

All nations shall put themselves willingly under Thy dominion, O God, and shall bring costly presents to Thee.

The kings of the earth shall gladly adore Thee, and all nations do Thy bidding.

For Thy kindness will deliver the poor from those that oppress them, and the needy shall find their helper in Thee.

Thou wilt have mercy on all who are poor and in need, and Thou wilt give them riches and blessings that the earth cannot give.

Thou wilt redeem the souls of Thy faithful servants from the heavy burdens the demons try to put upon them, and from the evils they impute to them. Those that are of little account in their own eyes Thou wilt make honourable.

They shall live with Thee, O God, a full, vigorous life, and be blessed with the riches of Thy grace. Their constant joy shall be prayer to Thee, and Thy praise shall be ever in their mouths.

There shall be abundant fruit on the earth, as abundant as if the barren mountains were clothed with corn. The fruit of their life and prayer shall be above the most beautiful mountain of Libanus, and the number of the saints shall be as the grass of the field.

May Thy name be for ever blessed with the blessings which belonged to it before the sun was made.

In Thee, O Lord, shall all the tribes of the earth be filled with blessings, and all nations shall grow in their appreciation and love of Thee.

Blessed be Thou, my Lord, and my God, who alone workest such wonders in the souls of men.

Quia liberabit pauperem a potente; et pauperem, cui non erat adjutor.

Parcet pauperi et inopi: et animas pauperum salvas faciet.

Ex usuris et iniuste redimet animas eorum; et honorabile nomen eorum coram illo.

Et vivet, et dabitur ei de auro Arabiae, et adorabunt de ipso semper: tota die benedicent ei.

Et erit firmamentum in terra in summis montium; superextolleretur super Libanum fructus ejus: et florebunt de civitate sicut foenum terrae.

Sit nomen ejus benedictum in saecula: ante solem permanet nomen ejus.

Et benedicentur in ipso omnes tribus terrae: omnes gentes magnificabunt eum.

Benedictus Dominus Deus Israel, qui facit mirabilia solus.

Et benedictum nomen majestatis ejus in æternum ; et replebitur maiestate ejus omnis terra : fiat, fiat.

And blessed be the name of Thy Majesty for ever, *i.e.*, our Lord Jesus Christ who sheweth forth the majesty of Thy mercy. May all the earth be filled with Thy Majesty by the spread of love of the Most Blessed Sacrament.

Amen. Amen.

**Quam bonus Israel Deus. Ps. 72.**

QUAM bonus Is-  
rael Deus his, qui  
recto sunt corde.

O GOD, how good Thou art to them that seek Thee ! To them that are upright in heart ! How good Thou art to them that walk before Thee, striving with their whole heart after the perfection to which Thou hast called them !

A temptation arose in my mind, and it almost caused me to slip and stumble.

For I saw the prosperity of the wicked, and I was inclined to envy them.

I thought they lived in peace, and that the few troubles they had to bear seemed so light.

They needed not to exert themselves in labour, and the ills that came to other men passed them by.

For this reason pride takes hold of them. They are clothed in sin and dwell in impiety.

Then sin abounds and flourishes, and every desire of their heart is satisfied.

Mei autem pene  
moti sunt pedes :  
pene effusi sunt  
gressus mei.

Quia zelavi super  
iniquos, pacem pec-  
catorum videns.

Quia non est re-  
spectus morti eo-  
rum ; et firmamen-  
tum in plaga eo-  
rum.

In labore homini-  
num non sunt : et  
cum hominibus non  
flagellabuntur.

Ideo tenuit eos  
superbia : operti  
sunt iniquitate et  
impietate sua.

Prodiit quasi ex  
adipe iniquitas eo-  
rum : transierunt  
in affectum cordis.

They are not restrained in their thoughts or words ; both are full of sin. They have spoken evil even to Thee, O Lord.

They have spoken against Thee, my God, in blaspheming Thy saints. They have left nothing on the earth out of their condemnation.

Therefore, Thy people who desire to love Thee are perverted to admire their prosperity, and freely make companions of those who so grievously offend Thee.

Many began to doubt Thy knowledge, and whether Thou hast any regard to these things which everyone knew.

They said within themselves ; Are not these sinners ? And yet Thou allowest them to prosper on the earth, and to amass great fortunes.

Then was I tempted to murmur and say, In vain have I cleansed my heart of evil desires, and for no purpose have I washed my hands from sin that I might be amongst the innocent.

And I have been scourged with tribulations all my life, and I have risen each day to new trials, but all this has profited me nothing.

Yet, if I should so speak I should speak foolishly, for my words would condemn all those who have served Thee from the beginning, and who have been Thy dear children.

I was much distressed to understand ; it was a cause of perplexity to me.

Cogitaverunt e t locuti sunt nequitiam : iniquitatem in excelsa locuti sunt.

Posuerunt in cœlum os suum : et lingua eorum transivit in terra.

Ideo convertetur populus meus hic : et dies pleni invenientur in eis.

Et dixerunt, Quomodo scit Deus : et si est scientia in excelsa ?

Ecce ipsi peccatores, et abundantes in sæculo, obtinuerunt divitias.

Et dixi, Ergo sine causa justificavi cor meum ; et lavi inter innocentes manus meas.

Et fui flagellatus tota die : et castigatio mea in matutinis.

Si dicebam, Narabó sic : ecce nationem filiorum tuorum reprobavi.

Existimabam, ut cognoscerem hoc : labor est ante me.

Donec intrem in  
sanctuarium Dei ;  
et intelligam in no-  
vissimis eorum.

Verum tamen  
propter dolos po-  
suisti eis : dejecisti  
eos, dum alleva-  
rentur.

Quomodo facti  
sunt in desolatio-  
nem, subito defec-  
cerunt : perierunt  
propter iniquita-  
tem suam.

Velut somnium  
surgentium Domini-  
ne, in civitate tua  
imaginem ipsorum  
ad nihilum rediges.

Quia inflammata-  
rum est cor meum,  
et renes mei com-  
mutati sunt : et  
ego ad nihilum re-  
dactus sum et nes-  
civi.

Ut jumentum fac-  
tus sum apud te :  
et ego semper te-  
cum.

Tenuisti manum  
dexteram meam, et  
in voluntate tua de-  
duxisti me : et cum  
gloria suscepisti me

## PSALM 72.

But I did not understand till I went into Thy sanctuary, O God, and lived among Thy saints. Then I began to see that the present time is no test of the value of life, but the end which is to last for ever is the true test.

I began to see that the prosperity of the wicked is not an unmixed blessing, but that it can be a snare that may easily cause their ruin.

They are brought to desolation at the time of death. They suddenly cease to live on the earth, and their end is destruction.

As a dream which has been intensely real during sleep is nothing on awaking, so the position and the pride of the wicked shall be of no avail in the moment after death.

Truly my heart has been aroused without cause, and my desires have been bent upon things that I had purposely left. All my thought about the prosperity of the wicked is seen to be nothing, and in my ignorance I knew it not till Thou, my Lord, didst teach me.

I have been as a senseless beast before Thee, still in spite of my folly I have not left Thee.

In Thy kindness Thou hast let me see Thy constant care for me, and Thy Divine Will I now see has led me and guided me. Thou hast offered me such glory with Thee that all the goods of earth are as nothing.

For what have I in heaven but Thee,  
and beside Thee what can I desire upon  
earth ?

If all the pleasures of earth fail me,  
and if my heart has no love to satisfy  
it on earth, still I have Thee, and Thou  
art the God of my heart, and the God  
that is my portion for ever !

They that depart from Thee, seeking  
their satisfaction in earthly riches,  
shall perish. Thou wilt surely destroy  
all those that do not give Thee their love.

But it is good and sufficient for me  
that I hold fast to Thee and put my  
hope in Thee, my Lord and my God.

Thus shall I be able to declare all  
Thy praise and the story of all Thy  
benefits to the faithful soul before all  
the daughters of Sion, *i.e.*, the souls of  
the just in the gates and courts of  
heaven.

#### **Ut quid, Deus. Ps. 73.**

**W**HY, O God, does it appear at  
times as if Thou hadst cast me  
away from Thee, and that Thine anger  
were enkindled against me, even  
though I desire nothing so much as to  
be submissive to Thee and dependent  
upon Thee for all things ?

Be mindful of Thy Church which has  
been Thine since Thou didst found it.

Remember the care Thou hast taken  
over Thine inheritance which Thou  
hast redeemed by Thy Most Precious  
Blood—Thy holy Church in which  
Thou dwellest.

Quid enim mihi  
est in cœlo ? et a  
te quid volui super  
terram ?

Defecit caro mea,  
et cor meum :  
Deus cordis mei,  
et pars mea Deus  
in æternum.

Quæ ecce, qui  
elongant se a te,  
peribunt : perdi-  
disti omnes, qui  
fornicantur abs te.

Mihi autem ad-  
hærere Deo bonum  
est : ponere in  
Domino Deo spem  
meam.

Ut annuntiem om-  
nes prædicationes  
tuas, in portis filiæ  
Sion.

Ut quid Deus re-  
pulisti in finem :  
iratus est furor  
tuus super oves  
pascuæ tuæ ?

Memor esto con-  
gregationis tuæ,  
quam possedisti ab  
initio.

Redemisti virgam  
hæreditatis tuæ :  
mons Sion, in quo  
habitasti in eo.

Leva manus tuas  
in superbias eorum  
in finem : quanta  
malignatus est ini-  
micus in sancto.

Et gloriati sunt,  
qui oderunt te, in  
medio solemnitatis  
tuæ.

Posuerunt signa  
sua, signa ; et non  
cognoverunt sicut  
in exitu super-  
sumnum.

Quasi in silva lig-  
norum securibus  
exciderunt januas  
ejus in idipsum : in  
securi et ascia de-  
jecerunt eam.

Incenderunt igni  
sanctuarium tuum :  
in terra polluerunt  
tabernaculum no-  
minis tui.

Dixerunt in cor-  
de suo cognatio  
eorum simul : Qui-  
escere faciamus  
omnes dies festos  
Dei a terra.

Signa nostra non  
vidimus, jam non  
est propheta : et  
nos non cognoscet  
amplius.

Usquequo Deus  
improperabit inimi-  
cus ; irritat adver-  
sarius nomen tuum  
in finem ?

Lift up thy hands against those  
who have no limit to their pride. See  
the ruin they are ever inflicting on  
Thy sanctuaries.

They that hate Thee, O Lord, have  
been able to boast of the power they  
have to interfere with and disturb the  
solemnity of Thy service.

They have even defiled Thy churches,  
setting up their idols, disregarding Thy  
sanctity. They have striven to take  
away the worship due to Thee by  
attracting attention to their idols.

They have tried to destroy Thy  
churches, cutting them down as a  
wood-cutter fells a whole grove of  
trees.

They have burnt Thy sanctuaries  
and defiled Thy dwelling-place on  
the earth.

They tried to root out all Thy  
worship from the land.

They were not confronted by a  
prophet of Thine as of old. They who  
still believe in Thee are so full of fear  
that if there were a prophet he would  
not recognise Thy people.

How long, O God, shall Thine  
enemies be able to reproach us ? Wilt  
Thou let them blaspheme Thy holy  
Name for ever ?

Why dost Thou keep Thy hand from helping us who are in Thy bosom ?

In spite of all we have to suffer from those who fight against Thee, Thou art still our King and our God. Thou hast promised us salvation in the midst of the earth.

In time past Thou didst make the Red Sea stand firm on either side as Thy people passed through, and then didst allow the same sea to overwhelm the enemies of Thy people.

Thou didst destroy the army of Egypt, and didst leave the bodies of their dead as food for the wild beasts of the desert.

At the Jordan Thou didst hold back the swift stream, and didst dry up its bed that Thy people might cross dry shod.

More universally still, the day is Thine and the night. The daybreak is Thy work, and the sun which gives light to all.

Thou hast ruled the earth, setting the seasons to follow each other.

Because Thou, O Lord, hast such power, so widely acknowledged, remember that the enemy hath so often cast reproach upon Thee as if Thou couldst not overcome them, and this foolish people hath blasphemed Thy holy Name.

Let not these enemies gain power over the souls that confess Thee God

Ut quid avertis manum tuam et dexteram tuam de medio sinu tuo in finem ?

Deus autem Rex noster ante sæcula : operatus est salutem in medio terræ.

Tu confirmasti in virtute tua mare : contribulasti capita draconum in aquis.

Tu confregisti capita draconis : dedisti eum escam populis Æthiopum.

Tu dirupisti fontes et torrentes : tu siccasti fluvios Ethan.

Tuus est dies, et tua est nox : tu fabricatus es auroram et solem.

Tu fecisti omnes terminos terræ : æstatem et ver, tu plasmasti ea.

Memor esto hujus, inimicus improparavit Domino : et populus insipiens incitavit nomen tuum.

Ne tradas bestiis animas confitentes tibi : et animas

pauperum tuorum  
ne obliscaris in  
finem.

Respice in testa-  
mentum tuum;  
quia repleti sunt,  
qui obscurati sunt  
terræ domibus ini-  
quitatum.

Ne avertatur hu-  
milis factus con-  
fusus: pauper et  
inops laudabunt  
nomen tuum.

Exurge Deus,  
judica causam tu-  
am; memor esto  
improperiorum tu-  
orum: eorum, quæ  
ab insipiente sunt  
tota die.

Ne obliscaris  
voces inimicorum  
tuorum: superbia  
eorum, qui te ode-  
runt, ascendit  
semper.

**CONFITEBIMUR** tibi,  
Deus: confitebi-  
mur et invocabi-  
mus nomen tuum.

Narrabimus mir-  
abilia tua: cum  
acepero tempus,  
ego justias judi-  
cabo.

Liquefacta est  
terra, et omnes,  
qui habitant in ea:  
ego confirmavi  
columnas ejus.

and Lord, and forget not for ever the  
souls of Thy poor who are in danger.

Remember Thy promises that Thou  
wouldst befriend the poor and the  
humble, for the wicked who are truly  
vile because they reject Thee, the only  
source of nobility, are still prosperous  
and dwell peacefully in their sins.

Let not the humble be turned away  
with confusion when they come to  
Thee. The poor and those who ack-  
nowledge to Thee their want give  
Thee the most perfect praise.

Arise, O God, judge Thine own  
cause, and assist those who love Thee.  
Remember the reproaches which the  
foolish sinner casts upon Thee by his  
neglect of Thee all the day long.

Forget not, O God, that the proud  
voice of the wicked sounds loud in our  
ears. Their hatred of Thee, our good  
God, is made manifest to us con-  
stantly.

#### **Confitebimur tibi. Ps. 74.**

**I** GIVE Thee thanks, O my God, I  
give Thee thanks and call upon  
Thy holy Name.

I will remind Thee of Thy wonderful  
works. Thou sayest to my soul:  
“When the appointed time shall come  
I will judge with equity.

“Then shall the earth become as  
water, and all that dwell thereon shall  
be dissolved for fear of Me, because  
they are wicked; but I will be the  
strength of all who trust in Me.

"I shall then say to the wicked,  
'Do evil no longer,' and to sinners,  
'Be not puffed up with pride.'"

I will speak for Thee to the sinner, O my God, "Be not puffed up with pride as if you were equal to God, and had a right to speak against Him as if He were unjust.

"For if you search east or west or go to the mountains of the desert you can find nothing against my God, and in the end He is the judge.

"In this life He humbles one and allows another to boast in pride, for He holds a cup in His hand filled with wine that is drugged with spices, *i.e.*, inebriating and blinding the minds of sinners.

"He pours this strong wine with the spices into the hearts of the wicked, but the dregs He does not pour out as yet. He reserves them for the sinners who are impenitent. They shall drink up this wine of the wrath of God."

But I prefer to sing of Thy goodness, O my God, and not proudly oppose Thee. I will relate for ever Thine infinite goodness to me.

Thou, my good God, sayest to my soul, "I will break all the pride of sinners and raise up the humility of the just."

#### **Notus in Judea. Ps. 75.**

**T**HOU art known and appreciated in Thy Church, O God, and Thy name is held in veneration.

Dixi iniquis : Nolite inique agere ; et delinquentibus, Nolite exaltare cornu.

Nolite extollere in altum cornu vestrum : nolite loqui adversus Deum iniquitatem.

Quia neque ab oriente, neque ab occidente, neque a desertis montibus ; quoniam Deus iudex est.

Hunc humiliat et hunc exaltat ; quia calix in manu Domini vini méri plenus mixto.

Et inclinavit ex hoc in hoc : verumtamen fæx ejus non est exinanita : bibent omnes peccatores terræ.

Ego autem annuntiabo in sæculum : cantabo Deo Jacob.

Et omnia cornua peccatorum confringam : et exaltabuntur cornua justi.

**Notus in Judæa**  
Deus ; in Israel  
magnum nomen  
ejus.

Et factus est in pace locus ejus : et habitatio ejus in Sion.

Ibi confregit potentias arcum ; scutum, gladium et bellum.

Illuminans tu mirabiliter a montibus aeternis : turbati sunt omnes insipientes corde.

Dormierunt somnum suum : et nihil invenerunt omnes viri divitiarum in manibus suis.

Ab increpatione tua Deus Jacob dormitaverunt, qui ascenderunt equos.

Tu terribilis es, et quis resistet tibi ? ex tunc ira tua.

De cœlo auditum fecisti judicium : terra tremuit et quievit :

Cum exurgeret in judicium Deus ; ut salvos faceret omnes mansuetos terræ.

Quoniam cogitatio hominis confebitur tibi : et

Thy place is in the peace of a good conscience, and Thy dwelling in the tabernacle.

From the souls of Thy saints and from the tabernacle where Thou dwellest Thou hast overcome the powers of the world. The bows, shields, and swords of the warriors have been turned aside by Thee, and the battles of men quieted.

Thou shinest as a strong light from the eternal hills, and the foolish worldlings are troubled when they hear of Thy sanctity, and the holiness Thou demandest from men.

They have slept their life through, not understanding what is of real worth, and even the rich who are in honour have found that they had missed what is of real value in Thine eyes.

They also who fly from one place to another, when Thy light strikes them to rebuke their folly, find that they have not been awake to the most important needs of the soul.

Thou, O God, strikest fear into all. Who can resist Thee when Thou art angry ?

Thou didst announce Thy judgment as to Thy will from heaven, and at some time of life the earth stands still to let every soul know Thy will.

When Thou, O God, comest in the last day Thou wilt give salvation to the meek of heart.

Then shall all the consciences of men give praise to Thee, and the re-

mains of conscience, resolutions which follow, shall be to keep holyday to honour Thee.

Ye people of God, make your vows to Him as some recognition of His right, and pay unto God what each soul owes to Him. Bring Him presents, especially ye that are near to His tabernacle.

Remember your reverence before Him, for He can humble the pride of princes ; He can crush even the kings of the earth.

**Voce mea. Ps. 76.**

**W**HEN I have been in distress I have raised my voice to Thee, O Lord, and Thou hast heard me and answered me.

I came to Thee, my God, at other times as soon as trouble came upon me. I raised up my hands in prayer in the night time, and I was not deceived in my trust in Thee.

But now I obtain no consolation from Thee. I remembered Thee, O God, and Thy care for me and my heart was glad ; but now I pray and meditate on Thy goodness and I almost faint with distress, for Thou dost not console me.

I have not been able to sleep ; I wake to find my trouble still with me, yet I have not complained.

I looked back to past favours, the great kindness Thou hast shown me and Thy constant care of those who have served Thee from the beginning.

reliquiae cogitationis diem festum agent tibi,

Vovete et redditte  
Domino Deo vestro,  
omnes, qui in  
circitu ejus affer-  
tis munera.

Terribili et ei, qui  
aufert spiritum  
principum : terri-  
bili apud reges  
terræ.

Voce mea ad Do-  
minum clamavi :  
voce mea ad De-  
um, et intendit  
mihi.

In die tribula-  
tionis meæ Deum  
exquisivi, manibus  
meis nocte contra  
eum : et non sum  
deceptus.

Renuit consolari  
anima mea : memor  
fui Dei, et delecta-  
tus sum et exerciti-  
tus sum : et defec-  
tit spiritus meus.

Anticipaverunt vi-  
gilias oculi mei :  
turbatus sum et  
non sum locutus.

Cogitavi dies an-  
tiquos : et annos  
æternos in mente  
habui.

Et meditatus sum  
nocte cum corde  
meo : et exercita-  
bar, et scopebam  
spiritum meum.

Numquid in æter-  
num projiciet  
Deus ? aut non ap-  
ponet, ut compla-  
citor sit adhuc ?

Aut in finem  
misericordiam su-  
am abscindet : a  
generatione in  
generationem ?

Aut obliviscetur  
misereri Deus ?  
aut continebit in  
ira sua misericor-  
dias suas ?

Et dixi : Nunc  
cœpi : hæc muta-  
tio dexteræ Ex-  
celsi.

Memor fui ope-  
rum Domini ; quia  
memor ero ab initio  
mirabilium tuorum.

Et meditabor in  
omnibus operibus  
tuis : et in adin-  
ventionibus tuis  
exercebor,

Deus, in sancto  
via tua ; quis  
Deus magnus, sicut  
Deus noster ? tu es  
Deus, qui facis  
mirabilia.

## PSALM 76.

I thought over all these things in the  
quiet of the night, and I did my best to  
understand Thy ways. I searched mine  
own soul for some reason for Thy  
severe treatment of me.

I began to say in my heart, “ Will  
my God cast me off for ever ? Will  
He never more be favourable to me ?

“ Will He cut off His former mercy  
which He has shown from generation  
to generation ? ”

“ Has He forgotten to be merciful ?  
Is He so angry with me that He will  
close up the source of mercy ? ”

And whilst I was distressed, Thou,  
my God, didst let me see that this trial  
is for my good, so I say in my heart,  
“ Now I have begun again to hope.  
This seeming desolation is sent by  
Thee as were Thy former favours.”

So I will again call to mind, Thy  
works and remember that when Thou,  
O Lord, dost work most wonderfully  
then Thou dost demand the greatest  
submission from Thy servants.

I will meditate on all Thy works and  
seek to do all that Thou askest of me.

I will remember, O God, that I must  
begin with reverence and energy in the  
sanctuary, in the holy Office, and in  
prayer. Who is like to Thee for  
drawing me close to Thee ? Who can  
do so much with my poor weak soul  
as Thou canst ?

Thy great power is known over the whole world. Thou didst show Thy might by taking a weak and despised people and raising them to do great things for Thee.

Thou didst show Thy power over the Red Sea. Thou didst show Thyself, and the waters stood up on either side as Thy people passed through.

And immediately with a great noise and the spray of much water Thou didst overwhelm the armies of Egypt.

Thou didst thunder from heaven as if from Thy war-chariot. Thy lightnings flashed like arrows over the armies of Egypt.

Thy lightnings have lit up the whole world and let all know that Thou art God. The earth has shaken and trembled.

Thou canst make a way for Thy people in the sea, and a path through the waters. The waters cover over the way Thy people have taken, and no one shall know.

Thou, O Lord, didst lead Thy people as a flock of sheep by the hand of Moses and Aaron. Thus I have no cause to lose heart, and I will go on with courage, for Thy goodness is always with me in spite of my trouble.

#### Attendite. Ps. 77.

**T**HE Psalmist begs all to take to heart the facts he brings to their minds in the psalms.

Notam fecisti in populis virtutem tuam ; redemisti in brachio tuo populum tuum, filios Jacob et Joseph.

Viderunt te aquæ Deus, viderunt te aquæ : et timuerunt et turbatæ sunt abyssi.

Multitudo sonitus aquarum : vocem dederunt nubes.

Etenim sagittæ tuæ transeunt : vox tonitrui tui in rota.

Illuxerunt coruscationes tuæ orbi terræ : commota est et contremuit terra.

In mari via tua, et semitæ tuæ in aquis multis : et vestigia tua non cognoscentur.

Deduxisti sicut oves populum tuum in manu Moysi et Aaron.

ATTENDITE popule meus legem meam ; inclinate aurem vestram in verba oris mei.

Aperiam in parabolis os meum : loquar propositiones ab initio.

Quanta audivimus et cognovimus ea : et patres nostri narraverunt nobis.

Non sunt occulta a filiis eorum: in generatione altera.

Narrantes laudes Domini et virtutes ejus ; et mirabilia ejus, quæ fecit.

Et suscitavit testimonium in Jacob : et legem posuit in Israel.

Quanta mandavit patribus nostris, nota facere ea filiis suis, ut cognoscat generatio altera.

Fili, qui nascuntur et exurgent ; et narrabunt filiis suis.

Ut ponant in Deo spem suam : et non obliviscantur operum Dei : et mandata ejus exquirant.

Ne fiant, sicut patres eorum, generatio prava et exasperans.

Generatio, quæ non direxit cor suum, et non est creditus cum Deo spiritus ejus.

His words are full of wisdom and relate the ways of God from the beginning.

We must not forget that our God has dealt with men from the beginning, and we are to learn His will from the facts that have been handed down to us by those who have gone before us.

These works of God were not meant to be hidden ; they were meant for our instruction.

The burden of the whole psalm is that it is our duty to praise God, and to appreciate His power and the glory of His wonderful providence.

For He has ever commanded His chosen people,

That they should not hide from their children His kindness to them.

That these also should pass on the story to their children,

So that all might put their trust in God, and be obedient to His commands, not forgetting His goodness.

Lest they become like many of their fathers, a wicked and provoking people.

A people that had not the love of God in their hearts, or been faithful to Him.

Even the most noble, the natural leaders of the people, the first and most powerful tribe, have been cowards in the battle of life, and have turned their backs in the time of trial.

They were not faithful to God, and would not walk in His law.

They forgot His past kindness and the great wonders He wrought for their benefit.

They forgot all the wonders of their escape from the slavery of Egypt ;

How God divided the sea and made the waters to stand up as if contained in a mighty vessel ;

The pillar of cloud by day and of fire by night.

The giving them to drink abundantly from the rock in the desert,

The water from which was as a great stream. They did not remember any of these mercies of God.

But they sinned yet more and provoked the Most High in the desert.

They tempted Him in their hearts, and not satisfied with manna, they asked for flesh to eat.

Filii Ephrem, intendentes et mitentes arcum conversi sunt in die belli.

Non custodierunt testamentum Dei : et in lege ejus noluerunt ambulare.

Et oblii sunt benefactorum ejus : et mirabilium ejus, quæ ostendit eis.

Coram patribus eorum fecit mirabilia in terra Ægypti ; in campo Taneos.

Interrupit mare, et perduxit eos : et statuit aquas quasi in utre.

Et deduxit eos in nube diei ; et tota nocte in illuminatione ignis.

Interrupit petram in eremo : et adauavit eos velut in abyso multa.

Et eduxit aquam de petra : et deduxit t a n q u a m flumina aquas.

Et apposuerunt adhuc peccare ei : in iram excitaverunt Excelsum in inaquoso.

Et tentaverunt Deum in cordibus suis ; ut peterent escas animabus suis

Et male locuti sunt de Deo : dixerunt. Numquid poterit Deus parare mensam in deserto?

Quoniam percussit petram, et fluxerunt aquæ, et torrentes inundaverunt.

Numquid et panem poterit dare, aut parare mensam populo suo?

Ideo audivit Dominus et distulit ; et ignis accensus est in Jacob : et ira ascendit in Israel.

Quia non crediderunt in Deo ; nec speraverunt in salutari ejus.

Et mandavit nubibus desuper : et januas cœli aperuit.

Et pluit illis manna ad manducandum : et panem cœli dedit eis.

Panem Angelorum manducavit homo : cibaria misit eis in abundantia.

Transtulit Austrum de cœlo ; et induxit in virtute sua Africum.

¶ They spoke ill of God, saying, “ Is it possible for God to give us other food than this manna in the wilderness ? ”

“ He did indeed give us water from the rock,

Can He also give us other food ? ”

And God heard their murmurs and was angry. The fire of His anger was kindled against His people.

For they would not believe in His kind providence, and had no hope that He would see them safe through their trials.

Had He not commanded the clouds and opened the stores of heaven for them ?

Had He not rained down manna and given them food from heaven ?

He gave them the bread of angels, *i.e.*, suitable to those who were most faithful to Him, and sent them food in abundance.

So now He changed the wind suddenly, and brought a south-west wind,

Bringing with it the flesh they asked for like dust, and the quails fell as numerous as the sands of the sea,

And they fell in the camp close to the tents.

So the people had their wish and were filled with the food of their choice. God did not stint them in the food they craved for.

But as they were yet eating, God's anger was kindled against them.

And He slew the most greedy among them, and their chosen men.

They sinned still and were not mindful of His wonderful works.

Their time was wasted in vanity, and their years in hastening forward, and not attaining the Promised Land.

When God struck them they sought to appease Him in prayer, and they turned to Him early in the morning.

Then they remembered that none but God could help them, and that only the Most High could save them.

Et pluit super eos sicut pulverem carnes ; et sicut arenam maris volatilia pennata.

Et ceciderunt in medio castrorum eorum ; circa tabernacula eorum.

Et manducaverunt et saturati sunt nimis ; et desiderium eorum attulit eis : non sunt fraudati a desiderio suo.

Adhuc escæ eorum erant in ore ipsorum, et ira Dei ascendit super eos.

Et occidit pingues eorum : et electos Israel impedivit.

In omnibus his peccaverunt adhuc : et non crediderunt in mirabilibus ejus.

Et defecerunt in vanitate dies eorum : et anni eorum cum festinatione.

Cum occideret eos, quærebant eum : et revertebantur, et diluculo veniebant ad eum.

Et rememorati sunt, quia Deus adjutor est eorum ; et Deus excelsus Redemptor eorum est.

**Division of Ps. 77 in Benedictine Breviary.**

ET dilexerunt eum  
in ore suo : et lin-  
gua sua mentiti  
sunt ei.

Cor autem eorum  
non erat rectum  
cum eo ; nec fide-  
les habiti sunt in  
testamento ejus.

Ipse autem est  
misericors ; et pro-  
pitius fiet peccatis  
eorum : et non  
disperdet eos.

Et abundavit, ut  
averteret iram  
suam : et non ac-  
cendit omnem iram  
suam.

Et recordatus est,  
quia caro sunt ;  
spiritus vadens et  
non rediens.

Quoties exacerba-  
verunt eum in de-  
serto ; in iram con-  
citaverunt eum in  
inaquoso ?

Et conversi sunt,  
et tentaverunt De-  
um : et sanctum  
Israel exacerbave-  
runt.

Non sunt recor-  
dati manus ejus,  
die qua redemit  
eos de manu tri-  
bulantis.

Sicut posuit in  
Ægypto signa sua ;  
et prodigia sua in  
campo Taneos.

**T**HEY spoke loving words to Him,  
and lied unto Him in their  
praise.

Their heart was not right, nor were  
they faithful to keep His law.

How merciful He is ! for He forgave  
their sin and did not wholly destroy  
them.

For He often ceased to be angry  
with them, and did not kindle all His  
wrath.

He remembered that they were  
erring and weak flesh, like a wind  
that is never constant.

How often did they provoke Him  
in the desert !

Again and again they tempted God  
and roused against them the anger of  
the Holy One of Israel.

They were unmindful of all He had  
done for them when they were in  
slavery in Egypt.

Of the wonders He worked to move  
Pharaoh to release them.

How He turned their rivers into blood, and their showers, that they could not drink.

He sent flies to molest them, and frogs which destroyed their food.

He gave up their fruits to a withering wind, and their harvests to the locust.

Their vineyards He destroyed with hail, and their mulberry-trees with hoar-frost.

He killed their cattle with storms and their goods with fire.

He let go the fierceness of His anger, and He allowed the evil spirits to be the instruments of His wrath.

He let His anger have a clear path, and spared not their souls from hell. All their cattle He gave up to death.

He smote the first-born of Egypt, and took the first fruits of their race.

He took away His own people and guided them in the wilderness.

Et convertit in sanguinem flumina eorum ; et imbres eorum, ne biberent.

Misit in eos cœnomyiam et comedit eos : et ranam, et disperdit eos.

Et dedit ærugini fructus eorum ; et labores eorum locustæ.

Et occidit in grandine vineas eorum ; et moros eorum in pruina.

Et tradidit grandini jumenta eorum ; et possessionem eorum igni.

Misit in eos iram indignationis suæ ; indignationem et iram et tribulationem, immissiones per angelos malos.

Viam fecit semitæ iræ suæ ; et non pepercit a morte animabus eorum : et jumenta eorum in morte conclusit.

Et percussit omne primogenitum in terra Ægypti ; primicias omnis laboris eorum in tabernaculis Cham.

Et abstulit sicut oves populum suum : et perduxit eos tanquam gregem in deserto.

Et deduxit eos in spe, et non timuerunt : et inimicos eorum operuit mare

Et induxit eos in montem sanctificationis suæ : montem, quem acquiescivit dextera ejus.

Et ejecit a facie eorum gentes : et sorte divisit eis terram in funiculo distributionis.

Et habitare fecit in tabernaculis eorum tribus Israel.

Et tentaverunt et exacerbaverunt Deum excelsum : et testimonia ejus non custodierunt.

Et averterunt se, et non servaverunt pactum : quemadmodum patres eorum conversi sunt in arcum pravum.

In iram concitaverunt eum in collibus suis : et in sculptilibus suis ad æmulationem eum provocaverunt.

Audivit Deus et sprevit : et ad nihilum rededit valde Israel.

Et repulit tabernaculum Silo : tabernaculum suum, ubi habitavit in hominibus.

He filled their souls with hope so that they did not fear the army of Pharaoh which He overwhelmed in the Red Sea.

But His people He led to the holy mountain which He Himself had chosen.

He drove out the nations before them and divided the land by lot, making boundaries for each tribe.

He made them to dwell in tents that they might be more easily under His guidance.

But in spite of all His goodness, they tempted and provoked the Most High God, and would not keep His law.

They turned to other gods, and would not obey Him, as their fathers had been like a crooked bow which could not send its arrow straight.

They provoked Him by setting up sanctuaries not for Him on the hill-tops, and they made Him angry with the idols they set up.

And God in His anger grievously afflicted His people, bringing them almost to nothing.

He rejected the tabernacle at Silo where He had dwelt so long,

And He delivered their strength and beauty, *i.e.*, the Ark of God, into captivity.

He allowed His people to be oppressed by the sword, and He let His inheritance be despised on the earth.

Their young men were consumed with the fire and destruction of war, and the maidens were so accustomed to horrors that they wept not.

Their priests were given to the sword, and the widows were so lost in hopelessness that they mourned not at all.

Then God awoke as if from sleep, and as a great warrior who had been overcome with wine.

He turned the enemy to flight, and inflicted such a defeat that the shame of it shall last for ever.

And He cast aside the tabernacle of Joseph (for hitherto the Ark had rested in Silo, a town of the tribe of Ephraim, the son of Joseph) and chose not the tribe of Ephraim.

But He chose the tribe of Juda and Mount Sion which He loved.

He built His sanctuary with great strength in the place He would dwell in.

Et tradidit in captivitatem virtutem eorum : et pulchritudinem eorum in manus inimici.

Et conclusit in gladio populum suum : et haereditatem suam sprevit.

Juvenes eorum comedit ignis : et virgines eorum non sunt lamentatae.

Sacerdotes eorum in gladio ceciderunt : et viduae eorum non plorabantur.

Et excitatus est tanquam dormiens Dominus ; tanquam potens crupulatus a vino.

Et percussit inimicos suos in posteriora : opprobrium sempiternum dedit illis.

Et repulit tabernaculum Joseph : et tribum Ephraim non elegit.

Sed elegit tribum Juda ; montem Sion, quem dilexit.

Et ædificavit sicut unicornium sanctificium suum in terra, quam fundavit in saecula.

Et elegit David servum suum ; et sustulit eum de gregibus ovium : de post foetantes accepit eum :

Pascere Jacob ser-vum suum ; et Is-rael hæreditatem suam.

Et pavit eos in innocentia cordis sui : et in intellectibus manuum sua-rum deduxit eos.

D E U S venerunt gentes in hæredi-tatem tuam ; pol-uerunt templum sanctum tuum : posuerunt Jerusa-lem in pomorum custodiam.

Posuerunt morti-cina servorum tuo-rum escas volatili-bus cœli ; carnes sanctorum tuorum bestiis terræ.

Effuderunt sanguinem eorum tan-quam aquam in circuitu Jerusa-lem : et non erat qui sepeliret.

Facti sumus op-probrium vicinis nostris ; subsanna-tio et illusio his, qui in circuitu nostro sunt.

And He chose David His servant, and took him though a mere shepherd.

Him God made to feed His holy people and to guard His inheritance.

And David did this work for God in innocence of heart and led them with great skill.

**Deus, venerunt gentes. Ps. 78.**

O MY God, my holy profession is an object of scorn to those round about me. The abbeys and churches that were once ours are defiled.

Thy servants, the saints of our own land, have been slain, and the images of Thy saints defaced throughout the land.

Thine enemies spilt the blood of Thy saints like water, and our fathers were afraid to give them burial.

I, too, am still an object of scorn to those about me. They cannot believe in my love for Thee.

If I am to blame and my sins have caused this, be not angry with me for ever.

Be angry with those who will not know Thee and will not call upon Thy holy Name.

Thine enemies have eaten up all our substance, and have made the holy places of the faith desolate.

Be kind to me, O Lord, whatever others may do to me, and remember not my sins which are justly punished by Thee. Have mercy on me now, for I have become an object of Thy pity.

Help me, O God my Saviour, and for the glory of Thy Name deliver me. For the sake of Thy holy Name forgive me my sins.

Have not mine enemies pointed to me as if I had no knowledge of Thee ? Be Thou always within me, O my God, that I may know where to find Thee.

If Thou wilt not hear me, at least hear the prayers of Thy martyrs, our fathers, and those who in our land have suffered for their faith in Thee.

Show Thy power, the strength of

Usquequo Domine  
irasceris in finem ;  
accendetur velut ignis  
zelus tuus ?

Effunde iram tuam in gentes, quæte non neverunt ; et in regna, quæ nomen tuum non invocaverunt.

Quia comederunt Jacob ; et locum ejus desolaverunt.

Ne memineris iniquitatum nostrarum antiquarum ; cito anticipent nos misericordiæ tuæ : quia pauperes facti sumus nimis.

Adjuva nos Deus salutaris noster ; et propter gloriam nominis tui Domine libera nos : et propitius esto peccatis nostris propter nomen tuum.

Ne forte dicant in gentibus, Ubi est Deus eorum ? et innotescat in nationibus coram oculis nostris.

Ultio sanguinis servorum tuorum, qui effusus est : introeat in conspectu tuo gemitus compeditorum.

Secundum magnitudinem brachii

tui, posside filios  
mortificatorum.

Et redde vicinis  
nostris septuplum  
in sinu eorum : im-  
properium ipsorum,  
quod exprobrave-  
runt tibi Domine.

Nos autem popu-  
lus tuus, et oves  
pascuae tuæ, con-  
fitebimur tibi in  
sæculum.

In generationem  
et generationem an-  
nuntiabimus lau-  
dem tuam.

**Qui regis Israel,**  
intende : qui deducis velut ovem  
Joseph.

Qui sedes super  
Cherubim ; mani-  
festare cor a m  
Ephraim, Benja-  
min et Manasse.

Excita potentiam  
tuam, et veni ; ut  
salvos facias nos.

Deus, converte  
nos : et ostende  
faciem tuam, et  
salvi erimus.

Domine Deus  
virtutum, quousque  
irasperis super ora-  
tionem servi tui ?

Cibabis nos pane  
lacrymarum ? et  
potum dabis nobis  
in lacrymis in men-  
sura ?

## PSALM 79.

Thine arm, and preserve me, the child  
of Thy saints.

If it be Thy will let the reproach  
of those who abuse me be turned on  
their own heads.

But I, Thy child, will give thanks  
to Thee for ever and ever, my good,  
loving Lord.

I will praise Thee and pass on Thy  
praise from generation to generation.

### **Qui regis Israel. Ps. 79.**

**H**EAR my prayer, O God, Thou  
who wast a King to Thy people  
and a shepherd to the children of  
Joseph.

Thou who dwellest amongst us,  
sitting upon the cherubim in the Ark,  
let Thy light be seen, make Thy will  
to be known to Thy chosen people.

Stir up Thy power as Thou didst in  
former ages. Come to mine aid and  
save me.

O my God, turn my heart to Thee,  
and show me Thy kindness and I shall  
be safe.

How long wilt Thou be angry, O  
Lord God, and turn away Thy face  
from the prayer of Thy servant ?

How long wilt Thou give me sorrow  
for my food and tears for my drink ?

My neighbours fight over me, and mine enemies scoff at my weakness.

O God of hosts, Thou alone canst save me. Show Thy kindness and turn my heart to Thee.

Thou hast brought a precious vine out of Egypt. Thou hast cast out the heathen from the Promised Land, and there Thou hast planted Thy vine.

How carefully Thou didst guard it on the journey through the desert ! When Thou didst bring it to the Promised Land Thou didst plant it as a careful gardener, and the roots thereof filled the land.

It grew till the shadow of it covered the hills, and the branches grew above the cedars of God.

The roots stretched to the sea and its boughs to the great river.

Why hast Thou allowed the hedge which protected Thy vine to be broken down, so that any wanderer may pluck it as he wills ?

Any wild beast has access to it to work damage to its branches.

O God, turn to us and look from heaven on our neglected state. O come and visit this vine which Thou hast planted.

Posuisti nos in contradictionem vicinis nostris : et inimici nostri subsannaverunt nos.

Deus virtutum, converte nos ; et ostende faciem tuam; et salvi erimus.

Vineam de Aegypto transtulisti : ejecisti gentes, et plantasti eam.

Dux itineris fuisti in conspectu ejus : plantasti radices ejus, et implevit terram.

Operuit montes umbra ejus : et arbusta ejus cedros Dei.

Extendit palmites suos usque ad mare; et usque ad flumen propagines ejus.

Ut quid destruxisti maceriam ejus ? et vindemiant eam omnes, qui prætergrediuntur viam ?

Exterminavit eam aper de silva : et singularis ferus depastus est eam.

Deus virtutum convertere : respice de cœlo et vide, et visita vineam istam.

Et perfice eam,  
quam plantavit  
dextera tua : et  
super filium homi-  
nis, quem confir-  
masti tibi.

Incensa igni et  
suffossa ab incre-  
patione vultus tui  
peribunt.

Fiat manus tua  
super virum dex-  
teræ tuae ; et super  
filium hominis,  
quem confirmasti  
tibi.

Et non discedi-  
mus a te, vivifica-  
bis nos : et nomen  
tuum invocabimus.

Domine Deus vir-  
tutum converte nos:  
et ostende faciem  
tuam, et salvi eri-  
mus.

**EXULTATE** Deo ad-  
jutori nostro : jubili-  
ate Deo Jacob.

Sumite psalmum  
et date tympanum :  
psalterium jucun-  
dum cum cithara.

Buccinate in Ne-  
omenia tuba in  
insigni die solem-  
nitatis vestræ.

Quia præceptum  
in Israel est : et ju-  
dicium Deo Jacob.

Testimonium in  
Joseph posuit  
illud, cum exiret

Do Thou bring to perfection what  
Thy right hand has planted and have  
regard to the son of man, *i.e.*, all those  
whom Thou hast chosen to be strong  
by Thy strength.

If Thy vine be dug up and burnt it  
will be because Thou art angry with  
us and wilt not save us.

Let Thy hand strengthen all those  
who stand on Thy right hand to keep  
Thy law, and on those who look to  
receive all their strength from Thee.

I, Lord, will not go away from Thee ;  
do Thou give me new life and I will  
seek Thy will in prayer.

O Lord my God, turn my heart to  
Thee ; show Thy kind countenance to  
me and save me.

### **Exultate Deo. Ps. 80.**

**I** WILL rejoice before Thee, O my  
God, my only helper. I will sing  
unto Thee, for Thou art my God.

I will sing a psalm to Thee and make  
use of any instrument of joy.

Especially at the great festivals of  
the Church I will rejoice before Thee.

For this is the command of the  
Church and Thy will, O Lord.

Thou didst establish the feast of the  
Passover, when Thou didst bring Thy

people from Egypt. They were taken through nations whose tongue they could not understand.

Thou didst release them from the slavery of Egypt, and from the tasks imposed upon them.

So Thou, my God, dost say to me, "Thou didst call upon Me when in affliction and I delivered thee. I heard thy prayer from the pillar of cloud. I tried thee in the waters of contradiction.

" Listen, then, thou soul that I have chosen, and I will speak to Thee. Thou must serve Me and not make for thyself a new god; nor must thou take up and adore any strange god.

" For I am the Lord thy God who brought Thee out of the land of Egypt; open wide thy mouth and I will fill it."

But though Thou, O God, didst speak thus to Thy people of old, they did not attend to Thy words. Thy chosen ones would not listen to Thee.

Therefore, Thou didst let them go according to the desires of their heart, and walk in their own devices.

If Thy people had only heard Thee, if Thy chosen ones had walked faithfully in Thy ways,

de terra Ægypti :  
linguam, quia non noverat, audivit.

Divertit ab oneribus dorsum ejus : manus ejus in copphino servierunt.

In tribulatione invocasti me, et liberavi te ; exaudivi te in abscondito tempestatis ; probavi te apud aquam contradictionis.

Audi populus meus, et contestabor te, Israel si audieris me, non erit in te deus recens : neque adorabis deum alienum.

Ego enim sum Dominus Deus tuus, qui eduxi te de terra Ægypti : dilata os tuum et implebo illud.

Et non audivit populus meus vocem meam : et Israel non intendit mihi.

Et dimisi eos secundum desideria cordis eorum : ibunt in adventionibus suis.

Si populus meus audisset me : Israel si in viis meis ambulasset :

Pro nihilo forsitan  
inimicos eorum  
humiliasset : et  
super tribulantes  
eos misissem ma-  
num meam.

Inimici Domini  
mentiti sunt ei : et  
erit tempus eorum  
in saecula.

Et cibavit eos ex  
adipe frumenti : et  
de petra melle sa-  
turavit eos.

D E U S stetit in  
synagoga deorum :  
in medio autem de-  
os dijudicat.

Usquequo judica-  
tis iniquitatem, et  
facies peccatorum  
sumitis?

Judicate egeno et  
pupillo : humilem  
et pauperem justi-  
fificate.

Eripite pauperem :  
et egenum de manu  
peccatoris liberate.

Nescierunt neque  
intellexerunt, in  
tenebris ambulant :  
movebuntur omnia  
fundamenta terræ.

Thou wouldst quickly have humbled  
their enemies and laid a heavy hand  
on all that troubled Thy people.

Their enemies would have been  
Thine, and the time of Thy people  
would have been for ever.

Thou, O God, wouldst have fed them  
with the choicest bread, and with  
honey whereby they would have been  
fully satisfied.

### **Deus stetit. Ps. 81.**

O MY Lord God, I so often take up  
Thy prerogative, and pass judg-  
ment on my fellow-men, but I myself  
shall have to stand before Thee to be  
judged.

How often do I judge unjustly and  
without care ! How often I give a  
more favourable judgment to the  
wicked than to those of my own  
household !

I must be kind to the poor and the  
fatherless whom Thou, O Lord, dost  
love. The humble and the poor whom  
none consider are ever in Thy sight.

Thus, I will exert what influence I  
have for the poor and needy, and  
shield them from the hand of the  
sinner.

They who judge severely of their  
neighbour do so without understand-  
ing. Their minds are really in dark-  
ness ; and because of the unjust and  
uncharitable judgments of men the very  
foundations of society are disturbed.

Thou hast called us gods by giving us the power of judgment, but the power is to be exercised by us as beseems Thy children, always with reference to Thee and Thy judgment.

When we come to die we shall no longer be able to pass judgment on others. We shall be like dethroned princes.

Then Thou, O God, shalt be the sole Judge of all. By Thine own right Thou shalt judge all who are Thy servants.

Ego dixi, Dii estis,  
et filii Excelsi omnes.

Vos autem sicut homines moriemini:  
et sicut unus de principibus cadetis.

Surge Deus, judica terram ; quoniam tu hæreditabis in omnibus gentibus.

### **Deus, quis similis. Ps. 82.**

MY soul finding all the world set against its peace turns to Thee, my God. Who is like to Thee? Do not Thou leave me and refuse to come to mine aid.

For lo, the enemies of my soul are Thine enemies also. They who have hated Thee from the beginning have grown bold, and have raised their heads against Thee.

Guided by Satan, Thine arch enemy, they have united themselves against Thy people, and against all those who hope to serve Thee in holiness.

They have said to each other, "Come, let us destroy the influence of the Church; let us raise up discord amongst the members of God's Church. Let us crush them so that the very name of the Church shall be no longer remembered."

DEUS, quis similis erit tibi ? ne taceas neque compescaris, Deus.

Quoniam ecce inimici tui sonuerunt : et qui oderunt te, extulerunt caput.

Super populum tuum malignaverunt consilium : et cogitaverunt adversus sanctos tuos.

Dixerunt, Venite et disperdamus eos de gente : et non memoretur nomen Israel ultra.

Quoniam cogitaverunt unanimiter ; simul adversum te testamentum disposerunt : tabernacula Idumæorum, et Ismahelitæ.

Moab et Agareni, Gebal et Ammon et Amalec : alienigenæ cum habitantibus Tyrum.

Etenim Assur venit cum illis : facti sunt in adiutorium filii Lot.

Fac illis sicut Madian et Sisaræ ; sicut Jabin in torrente Cisson.

Disperierunt in Endor : facti sunt ut stercus terræ.

Pone principes eorum sicut Oreb et Zeb, et Zebee et Salmana.

Omnis principes eorum, qui dixerunt : Hæreditate possideamus sanctuarium Dei.

Deus meus, pone illos ut rotam ; et sicut stipulam ante faciem venti.

Sicut ignis, qui comburit silvam, et sicut flamma comburens montes :

Thine enemies are all agreed together. They have united their forces to destroy Thy work in the world.

Even the wandering tribes are united against Thy Church. The great nations, they who live by war, and they also who dwell at Tyre, *i.e.*, those who are merchants, are in league against Thee.

Mighty peoples join their hands with the small and insignificant tribes, and help them to fight against Thee.

Thine enemies of old have experienced Thy power, O God. Let these of the present time feel Thy power, and learn that Thou art God.

Let them and their designs be brought to nothing.

Show Thy power, O Lord, and may their leaders be of no account.

For the design of the princes of the earth has been to usurp the power that belongs to Thee alone,

Make their council to be unstable, and their fury like chaff before the wind.

Bring Thy wrath upon them like a fire that burneth up the woods and a flame that reacheth even to the hills.

So shalt Thou pursue them and keep them in a state of terror.

Shame, too, shall come upon all who fight against Thee. Then only can we hope that they may seek to know Thee, Lord.

For it is only the humiliation which will come upon them for a long time which will lead them to turn to Thee.

Then shall they know that Thou art their Lord, and that Thou art the Most High against whom none can stand.

**Quam dilecta. Ps. 83.**

O MY Lord, I will strive to appreciate the beauty of the life to which Thou hast called me. Thy home is indeed full of delight and beauty. Let me learn from the life in the cloister to long for Thy house of which this is only the court.

Make my heart ready to be Thy dwelling place, and my countenance joyful because of Thy presence, for Thou art the God of all life, and my true life is in union with Thee.

The sparrow finds a home for herself, and the dove a nest to lay her young.

My home and my nest are in the choir where I may be with Thee, my King and my God.

Blessed are they who in this life find a home where Thou dost dwell, and where they may begin even here the

Ita persequeris illos in tempestate tua : et in ira tua turbabis eos.

Imple facies eorum ignominia ; et quærant nomen tuum Domine.

E rubescant et conturbentur in sæculum sæculi : et confundantur et pereant.

Et cognoscant, quia nomen tibi Dominus ; tu solus Altissimus in omni terra.

Q U A M dilecta tabernacula tua Domine virtutum : concupiscit et deficit anima mea in atria Domini.

Cor meum et caro mea exultaverunt in Deum vivum.

Etenim passer inventus sibi domum ; et tutur nidum sibi, ubi ponat pullos suos.

Altaria tua Domine virtutum, Rex meus et Deus meus.

Beati, qui habitant in domo tua Domine : in sæcula

sæculorum laudabunt te.

Beatus vir cuius est auxilium abs te ; ascensiones in corde suo disposuit in valle lacrymarum : in loco quem posuit.

Etenim benedictionem dabit legislator ; ibunt de virtute in virtutem : videbitur Deus deorum in Sion.

Domine Deus virtutum exaudi orationem meam : auribus percipe Deus Jacob.

Protector noster, aspice, Deus ; et respice in faciem Christi tui.

Quia melior est dies una in atriis tuis super millia.

Elegi abjectus esse in domo Dei mei : magis quam habitare in tabernaculis peccatorum.

Quia misericordiam et veritatem diligit Deus : gra-

work of praise which is to occupy them for ever and ever.

I cannot live this life by my own power, but I must look for all my help to Thee, my God. Thou wilt help me to raise my heart to Thee, to overcome all sorrow and sadness, and to come at last to the heaven which Thou hast prepared for me.

Thy blessing will enable me to do Thy holy will, and thus to rise from virtue to virtue till I come to see Thee as Thou art in Thy home and mine in heaven.

O Thou God of all power, hear my prayer, and listen patiently to me.

Be Thou my protector. Look not on my merits which are nothing, but on the kind face of my Lord and Saviour Jesus Christ who has given Himself for me.

Let me love the life to which Thou, my God, hast called me, and let me prefer it to all the liberty I could have without Thee in the world.

Let me be content to be of no account, and to be subject so that I may remain near Thee rather than have all the false delights of sin away from Thee.

I will strive with Thy help, my God, to learn to love what Thou lovest, mercy and kindness and truth, that Thou mayest give me Thy grace to

keep me constant, and the glory of Thy own home in heaven as a reward.

I can firmly trust in Thy goodness to me if I walk in innocence before Thee. O Thou God of all power and goodness, bless me with a lasting hope in Thee.

**Benedixisti, Domine. Ps. 84.**

**H**OW good Thou hast been to me, O my God ! Thou hast blessed me and freed me from the captivity of the world.

In Thy mercy, by the Passion of Thy Son, Thou hast covered my sins in the Sacrament of Penance.

How bitter might have been Thine anger against me if Thou hadst not had mercy ! How persistent Thy wrath if Thou hadst not turned it away !

Turn my heart yet more to Thee, O God my Saviour, and in Thy mercy turn away Thy just anger from me.

I cannot bear to think that Thou wilt be angry with me for ever. In Thy mercy do not visit upon me the sins of my youth.

Give to me, my God, a full vigorous spiritual life, then shall my heart rejoice with true joy in Thee.

Show me Thy mercy, my own good God, for without Thy help I cannot be safe.

I will be attentive to Thy voice in my heart, O Lord ; Thou dwellest

tiam et gloriā dabit Dominus.

Non privabit bonis eos, qui ambulant in innocentia : Domine virtutum beatus homo, qui sperat in te.

BENEDIXISTI Domine terram tuam : avertisti captivitatem Jacob.

Remisisti iniquitatem plebis tuæ : operuisti omnina peccata eorum.

Mitigasti omnem iram tuam : avertisti ab ira indignationis tuæ.

Converte nos, Deus salutaris noster : et averte iram tuam a nobis.

Numquid in æternum irasceris nobis ? aut extenderis iram tuam a generatione in generationem ?

Deus, tu conversus vivificabis nos ; et plebs tua lætabitur in te.

Ostende nobis Domine misericordiam tuam : et salutare tuum da nobis.

Audiam quid loquatur in me Dominus Deus : quo-

niam loquetur pacem in plebem suam :

Et super sanctos suos, et in eos, qui convertuntur ad cor.

Verum tamen prope timentes eum salutare ipsius ; ut inhabitet gloria in terra nostra.

Misericordia et veritas obviaverunt sibi : justitia et pax osculatae sunt.

Veritas de terra orta est, et justitia de cœlo prospexit.

Etenim Dominus dabit benignitatem; et terra nostra dabit fructum suum.

Justitia ante eum ambulabit, et ponet in via gressus suos.

**INCLINA Domine aurem tuam et exaudi me ; quoniam inops et pauper sum ego.**

there to comfort me. Thy voice ever speaks to me of peace.

Thy voice urges me to strive after holiness. Thou wilt certainly speak to me if I attend to Thee with my whole heart.

If my soul is reverent to Thee Thou wilt keep me, and Thy glory will remain near to me even on earth, *i.e.*, the desire of eternal life will be ever with me.

Thy mercy and Thy truth meet in my soul. May Thy justice and Thy peace be united in me. Is not Thy justice, Lord, in my regard Thy demand that I should seek after perfection? In this alone shall my soul be at peace.

Thou demandest that though I am but earth I should walk sincerely before Thee. Thou hast come down from heaven to teach me the way of perfection.

It is for Thee, O Lord, to give me Thy own goodness that my heart may bear fruit pleasing to Thee.

Thy perfection, manifested by Thy divine Son in His life upon earth, shall be before me leading me, and Thou shalt place my feet in the way of His life that I may walk with constancy in His footsteps, and come to Thee.

### **Inclina, Domine. Ps. 85.**

**BEND** down Thine ear to me, O Lord, for I am in great want of Thy help.

O take my soul under Thy protection, for Thou hast called me to serve Thee in holiness. Make me safe ; I long to serve Thee faithfully, and I put my trust wholly in Thee.

Have mercy on me, O Lord, for I have sinned against Thee. In my weakness I have cried to Thee for help. Do Thou give joy to my soul, for I have lifted up my soul to Thee.

Thou, O Lord, art sweet and mild, and Thou hast an infinite store of mercy for all who call upon Thee.

Listen, then, O Lord, to my prayer, and have regard to what I ask Thee.

I have come to Thee in past trouble, and Thou hast been kind to me. I will have courage to speak to Thee now.

There is none like to Thee, Lord, in kindness, and no one except Thee can bring infinite power to mine aid.

All the nations Thou hast made shall come with me and adore Thee through my worship of Thee, and the glory of the whole earth shall be given to Thee through me.

For Thou art infinite in Thy greatness, and omnipotent in Thy power. Thou alone art God.

Custodi animam meam, quoniam sanctus sum : salvum fac servum tuum, Deus meus, sperantem in te.

Miserere mei Domine, quoniam ad te clamavi tota die ; lætifica animam servi tui ; quoniam ad te Domine animam meam levavi :

Quoniam tu Domine suavis et mitis : et multæ misericordiaæ omnibus invocantibus te.

Auribus percipe Domine orationem meam : et intende voci deprecationis meæ.

In die tribulationis meæ clamavi ad te ; quia exaudisti me.

Non est similis tui in diis Domine : et non est secundum opera tua.

Omnes gentes, quascumque fecisti, venient, et adorabunt coram te Domine : et glorificabunt nomen tuum.

Quoniam magnus es tu, et faciens mirabilia : tu es Deus solus.

Deduc me Domine  
in via tua ; et ingrediar in veritate  
tua : lætetur cor  
meum, ut timeat  
nomen tuum.

Confitebor tibi  
Domine Deus meus  
in toto corde meo :  
et glorificabo no  
men tuum in æter  
num.

Quia misericordia  
tua magna est su  
per me : et eruisti  
animam meam ex  
inferno inferiori.

Deus, iniqui insurrexerunt super  
me ; et synagoga potentium quæserunt  
animam meam : et non proponerunt te in  
conspicere suo.

Et tu Domine  
Deus miserator et  
misericors : patiens  
et multæ misericor  
diæ et verax.

Respice in me et  
miserere mei ; da  
imperium tuum  
puero tuo : et sal  
vum fac filium  
ancillæ tuæ.

Fac mecum sig  
num in bonum ;  
ut videant qui oden  
runt me, et confundantur : quo  
niam tu Domine  
adjuvisti me et  
consolatus es me.

Lead me in Thine own way, and I  
will walk in great sincerity before  
Thee. Let my heart rejoice, and in all  
reverence I will call upon Thy holy  
name.

My whole heart shall praise Thee, O  
Lord my God, and I will constantly  
glorify Thy holy name.

For Thou hast shown great mercy to  
me, and from the degradation of my  
past life Thou hast delivered my soul.

Still the evil spirits are risen up  
against me, and they that are naturally  
so much stronger than I have spared  
no pains to follow me. They have  
tried to hinder me from coming to  
Thee.

But Thou art full of compassion and  
mercy, long-suffering and merciful, and  
so constant to Thy promises.

Look upon me, Lord, and have mercy  
on me. Give me Thine own strength,  
for I am Thy servant, and leave me  
not to fall into the hands of Thine  
enemies, for I am Thy child.

Give me a great trust in Thy good  
will towards me, so that the evil  
spirits may see my confidence in Thee  
and be confounded. Thou hast  
helped me in the past, and hast  
brought comfort to my soul. Help me  
and comfort me again and again, my  
good God.

**Fundamenta ejus. Ps. 86.**

THE foundations of Thy Church, O God, are laid on the mountain of holiness. The gates of Thy Church, the entrances to a holy life, are loved by Thee beyond all the material forces of Holy Church.

The glories of sanctity which belong only to Thy Church, O God, shall be in my mouth and my heart for ever.

I will not forget Thy providence which spread abroad the knowledge of Thy holy Name, even by the captivity of Thy people in Egypt and Babylon.

None are excluded from Thy Church, whether they are immersed in business as were the Tyrians, or living a wild, untamed life as did the Ethiopians.

Still, though Thy Church may gain great position and much glory because of the great numbers which flock to her, her chief glory is that she is Thy work. Give me, too, the joy of being wholly Thine.

Thou, O Lord, wilt bring it about that the record of the life of Thy Church shall be kept before the nations of the earth.

The city Thou hast founded shall be full of joy. Grant, O my God, that my life also may have a little of Thy own joy in it. Let me rejoice in my time in the increase of Thy Church, both in number and in sanctity.

FUNDAMENTA ejus  
in montibus sanctis : diligit Dominus portas Sion super omnia tabernacula Jacob.

Gloriosa dicta sunt  
de te, civitas Dei.

Memor ero Rahab et Babylonis,  
scientium me.

Ecce alienigenæ  
et Tyrus et populus Æthiopum :  
hi fuerunt illic.

Numquid Sion  
dicet : Homo, et  
homo natus est in  
ea : et ipse fundavit eam Altissimus.

Dominus narrabit  
in scripturis populorum et principum:  
horum, qui fuerunt in ea.

Sicut lætantium  
omnium habitatio  
est in te.

**Domine Deus salutis. Ps. 87.**

DOMINE Deus salutis meæ, in die clamavi, et nocte coram te.

Intrèt in conspectu tuo oratio mea : inclina aurem tuam ad pre-  
cem meam.

Quia repleta est malis anima mea : et vita mea inferno appropinquavit.

Æstimatus sum cum descendenti-  
bus in lacum : fac-  
tus sum sicut homo  
sine adjutorio, in-  
ter mortuos liber.

Sicut vulnerati dormientes in se-  
pulchris ; quorum non es memor amplius : et ipsi de manu tua repulsi sunt.

Posuerunt me in lacu inferiori ; in tenebrosis et in umbra mortis.

Super me confir-  
matus est furor tuus : et omnes fluctus tuos induxisti super me.

Longe fecisti no-  
tos meos a me : posuerunt me abo-  
minationem sibi.

**O** LORD my God, who hast pur-  
chased salvation for me, to Thee do I cry both in the day and during the night.

My prayer shall always be in Thy presence, and if I am attentive to Thee Thou wilt certainly hear me, for Thou art ever ready to listen to those who serve Thee reverently.

My soul is troubled with distracting and evil thoughts ; my life seems like the life of the lost who obtain no help from Thee.

I am as if I were lost. I can rely on no one, for no man can help me. I have no interest in what happens about me. Nothing rouses my heart.

I am indeed as if dead, and like one thrown among the slain of whom no one has any remembrance. I am even as if left by Thee, my God, and Thou seemest to have no care of me.

My troubles have brought me almost to despair. I can think of no lower depth into which I may sink.

It is as if Thou wert for ever angry with me, and there seems to be no limit to my desolation. Sadness over-whelms me as the waves of the sea.

Even my friends abandon me, and I fancy they look on me with loathing. It seems to me that they must have heard of my sins, and that they despise me utterly.

I am as if confined to a prison out of which I cannot escape, and sorrow and sadness are with me.

O my Lord, I cry to Thee all the day, and I raise my hands to Thee in prayer.

Am I not sunk too far for even Thy hand to reach me? Art Thou waiting for some servant of Thine to come and rouse me?

Can I think of Thy mercy in the grave, or dwell on Thy truth when I am so lost to all that is good?

I seem unable to think of Thy great power, or to remember to make any effort towards perfection.

Yet will I cry to Thee and come before Thee in prayer. I will make fresh efforts every morning, and hope that Thou, my Lord, wilt at last hear me.

Do not spurn the prayer that I pour out before Thee. Turn not Thy face wholly from me.

I am so poor, have pity on me. My life has been one of effort before this trouble came upon me. I was able to rise to Thee, my God, in prayer; but now I am humbled to the earth in my distress.

In my misery it seems to me Thine anger can go no further, and Thy greatest terrors have come upon me.

Traditus sum, et non egrediebar : oculi mei languerunt præ inopia.

Clamavi ad te Domine tota die : expandi ad te manus meas.

Numquid mortuis facies mirabilia ? aut medici suscitant, et confitebuntur tibi ?

Numquid narrabit aliquis in sepulchro misericordiam tuam, et veritatem tuam in perditione?

Numquid cognoscet centur in tenebris mirabilia tua, et justitia tua in terra oblivionis ?

Et ego ad te Domine clamavi ; et mane oratio mea præveniet te.

Ut quid Domine repellis orationem meam ; avertis faciem tuam a me ?

Pauper sum ego et in laboribus a juventute mea : exaltatus autem, humiliatus sum et conturbatus.

In me transierunt iræ tuæ : et terrores tui conturbaverunt me.

Circumdederunt  
me sicut aqua tota  
die : circumdede-  
runt me simul.

Elongasti a me  
amicum et proxim-  
um ; et notos  
meos a miseria.

MISERICORDIAS Do-  
mini in æternum  
cantabo.

In generationem  
et generationem,  
annuntiabo verita-  
tem tuam in ore  
meo.

Quoniam dixisti,  
In æternum mis-  
ericordia ædificabi-  
tur in cœlis : præ-  
parabitur veritas  
tua in eis.

Disposui testamen-  
tum electis meis,  
juravi David servo  
meo : Usque in  
æternum præpara-  
bo semen tuum.

Et ædificabo in  
generationem et  
generationem  
sedem tuam.

Confitebuntur cœ-  
li mirabilia tua  
Domine ; etenim

There is no escape for me if Thou, O Lord, dost not relent. No friend can help me, and no neighbour if Thou withhold Thy grace. There is nothing but misery for me to be acquainted with. In Thy mercy deliver me from this death, and bring life once more to Thy servant.

Thou hast left me no friend to help me, and no neighbour to have pity on me. All my help must come from Thee. In my misery pity me, Lord, and restore me once more to Thy favour.

### **Misericordias Domini. Ps. 88.**

**O** MY Lord, my song shall ever be  
in praise of Thy merciful kind-  
ness to me.

Grant that I may ever show forth  
Thy fidelity, and urge others to put  
their trust in Thee, because of Thy  
constant mercy to me.

Thou hast promised from the be-  
ginning that the sign of Thy mercy  
shall be shown in the heavens, and  
Thy fidelity to Thy promises shall be  
as manifest as if it were raised in the  
sky.

Thou didst make a solemn promise  
to David Thy servant that his seed  
should never fail ;

And in the establishment of Thy  
Church by Thy own Son, the Son of  
David, Thou hast built up a throne  
that shall last for ever.

The angels in heaven shall praise  
Thy wondrous works, and Thy truth

shall be glorified in the faith of Thy Church upon earth.

There is none like to Thee even among the angels, for not even those that are nearest to Thee in nature can be compared with Thee, my God.

Thou receivest Thy chief glory from the Church of Thy saints. Thou art ever held in fear and reverence in all the court of heaven.

There is none like to Thee, my God. Thou art omnipotent, and Thy fidelity surrounds Thee on all sides.

Thy power is seen in Thy command of the sea, and Thou hast stilled the tempest with a word.

Thou hast humbled to the dust the proud man who stood up against Thee. Thou hast scattered Thine enemies with the greatest ease.

To Thee belong the heavens and the earth, and all the riches of the earth are Thine. The north is Thine, and the south where lies the Red Sea.

The mountains on the east and west rejoice in being subject to Thee. Thine arm is most powerful.

May Thy kind hand be strengthened upon the whole earth, and Thy right

veritatem tuam in ecclesia sanctorum.

Quoniam quis in nubibus æquabitur Domino ? similis erit Deo in filiis Dei ?

Deus, qui glorificatur in consilio sanctorum, magnus et terribilis super omnes, qui in circuitu ejus sunt.

Domine Deus virtutum quis similis tibi ? potens es Domine et veritas tua in circuitu tuo.

Tu dominaris protestati maris : motum autem fluctuum ejus tu mitigas.

Tu humiliasti, sicut vulneratum, superbū : in brachio virtutis tuæ dispersisti inimicos tuos.

Tui sunt cœli et tua est terra ; orbem terræ et plenitudinem ejus tu fundasti : Aquilonem et mare tu creasti.

Thabor et Hermon in nomine tuo exultabunt : tuum brachium cum potentia.

Firmetur manus tua et exaltetur dextera tua : justi-

tia et judicium  
præparatio sedis  
tuæ.

Misericordia et  
veritas præcedent  
faciem tuam ; bea-  
tus populus, qui  
scit jubilationem.

Domine in lumine  
vultus tui ambu-  
labunt ; et in no-  
mine tuo exulta-  
bunt tota die : et  
in justitia tua ex-  
altabuntur.

Quoniam gloria  
virtutis eorum tu-  
es : et in beneplati-  
cito tuo exaltabitur  
cornu nostrum.

Quia Domini est  
assumptio nostra,  
et sancti Israel  
regis nostri.

TUNC locutus es  
in visione sanctis  
tuis et dixisti : Po-  
sui adjutorium in  
potente : et exalta-  
tavi electum de  
plebe mea.

Inveni David ser-  
vum meum : oleo  
sancto meo unxi  
eum.

## PSALM 88.

hand guide the souls of men. Thou guidest those whom Thou hast chosen by holiness and prudence, which make ready the hearts of men to be Thy throne.

Thy mercy and Thy fidelity shine out from Thy face, O blessed are those souls who know the gladness of trusting in Thee, my good God !

They shall walk confidently in the light of Thy countenance. They shall have joy in Thy holy name all the day, because they belong to Thee ; and in the perfection to which Thou, O Lord, dost graciously lead them they shall be in honour before Thee.

For all we do for Thee is Thine. Thine is the power by which we do it. According to Thy will shall our power be exercised.

Thou, O my God, art my helper and my defender, and the upholder of the Holy One, our King.

### Division of Ps. 88 in Benedictine Breviary.

**T**HOU hast let us know by Thy secret way of speaking to our hearts that Thy help shall be given to one who is powerful with Thy strength, and whom Thou hast chosen out of the people.

Thou hast found a faithful soul in the Son of David, and Thou hast anointed Him to rule over Thy Church, so that by Thine anointing He becomes our Christ.

Thy hand shall ever help Him, and Thine arm strengthen Him.

And the evil spirits shall have no power over Him, nor the devil be able to hurt Him.

For Thou, O God, fightest on His side, and His enemies Thou cuttest down before Him. Thou puttest to flight all who stand up against Him.

Thou wilt be faithful to Him and merciful to us who follow Him. His power shall be exalted in the earth.

When He has established the Church Thou wilt give him sway over the distant seas, and influence over all the merchandise of the earth.

He shall cry to Thee and give those whom Thou wilt give to Him the right to cry to Thee as my soul cries now: Thou art my Father, my God, my support in the work of my salvation.

And Thou, my God, wilt give me also the rights of Thy only begotten Son—rights which make a soul faithful to Thee, and far above all the kings of the earth.

Thou wilt have mercy on His servants for ever, and keep faithful to Thy promises.

And His seed, *i.e.*, those who are true to the faith Thy Son has implanted, Thou wilt preserve for ever, and the throne He has established like the everlasting stars.

Manus enim mea auxiliabitur ei : et brachium meum confortabit eum.

Nihil proficiet inimicus in eo : et filius iniuritatis non apponet nocere ei.

Et concidam a facie ipsius inimicos ejus : et odientes eum in fugam convertam.

Et veritas mea et misericordia mea cum ipso : et in nomine meo exaltabitur cornu ejus.

Et ponam in mari manum ejus : et in fluminibus dexteram ejus.

Ipse invocabit me, Pater meus es tu : Deus meus et susceptor salutis meæ.

Et ego primogenitum ponam illum excelsum præ regibus terræ.

In æternum servabo illi misericordiam meam : et testamentum meum fidele ipsi.

Et ponam in sæculum sæculi semen ejus ; et thronum ejus sicut dies cœli.

Si autem dereliquerint filii ejus legem meam ; et in judiciis meis non ambulaverint :

Si justitias meas profanaverint ; et mandata mea non custodierint :

Visitabo in virga iniuitates eorum ; et in verberibus peccata eorum.

Misericordiam autem meam non dispergam ab eo : neque nocebo in veritate mea.

Neque profanabo testamentum meum : et quae procedunt de labiis meis, non faciam irrita.

Semel juravi in sancto meo, si David mentiar : semen ejus in æternum manebit.

Et thronus ejus sicut sol in conspectu meo ; et sicut luna perfecta in æternum : et testis in cœlo fidelis.

Tu vero repulisti et despexisti ; distulisti Christum tuum.

Evertisti testamentum servi tui ; profanasti in terra sanctuarium ejus.

## PSALM 88.

But if His children forsake Thy law, and walk not according to the judgment Thou wilt put in their hearts,

If they are not reverent in Thy worship, and keep not Thy commandments,

Thou wilt surely punish them.

Yet Thy mercy Thou wilt not wholly take away, nor shall the faith that Thy Son has given to us fail.

Neither wilt Thou break Thy promises to us, nor shall the words of Thy voice in our hearts be wholly void.

For Thou hast sworn to us in Thy tabernacle where Thy Son dwells, and no lie can be found in Thy mouth. Thou hast sworn to be faithful whilst we are faithful to Thee.

As long as the sun shall shine and the moon give her light, Thy throne shall be in the heart of Thy faithful servant. Thou art the faithful witness in heaven of the trust we may put in Thee.

How often have I rejected and despised Thy Christ ! How often have I lost patience in my service of Thee !

How often I have been unfaithful to Thee, my good God, and profaned the sanctuary of my own soul where Thou wishest to dwell !

I have broken down the guards of my fidelity, and been in fear because of my negligence that the citadel of my heart would be stormed by the enemy.

I have let my heart be robbed of the attention I owed to Thee; and all those who have known me have been scandalized by my carelessness.

I have indeed taken the part of Thine enemy, so that he was ready to rejoice over my desertion of Thee.

I have not cried to Thee for help. I have not corresponded with the graces Thou, my God, hast sent me.

My praise of Thee had ceased, and my own soul I have cast down upon the ground.

I have shortened the time of Thy service. I have made Thy servants to be ashamed of me.

How long, O Lord, dost Thou leave me to myself? In Thy mercy be not angry with me.

Remember how weak I am by nature, and that without Thine aid no flesh could be saved.

Is there a man who can keep his life by his own power, and who shall avoid sin if Thou dost not assist him? Yea, that shall avoid most grievous sin?

Where then are the mercies Thou hast shown to weak men of old? Was

Destruisti omnes sepes ejus: posuisti firmamentum ejus formidinem.

Diripuerunt eum omnes transeuntes viam: factus est opprobrium vicinis suis.

Exaltasti dexteram deprimentium eum: laetificasti omnes inimicos ejus.

Avertisti adjutorium gladii ejus: et non es auxiliatus ei in bello.

Destruisti eum ab emundatione; et sedem ejus in terram collisisti.

Minorasti dies temporis ejus: perfudisti eum confusione.

Usquequo Domine avertis in finem: exardescet sicut ignis ira tua?

Memorare quæ mea substantia: numquid enim vane constituisti omnes filios hominum?

Quis est homo, qui vivet et non videbit mortem: eruet animam suam de manu inferi?

Ubi sunt misericordiae tuæ an-

tiquæ Domine ; sicut jurasti David in veritate tua ?

Memor esto Domine opprobrii servorum tuorum (quod continui in sinu meo) multarum gentium.

Quod exprobrauerunt inimici tui Domine : quod exprobraverunt commutationem Christi tui.

Benedictus Dominus in æternum : fiat, fiat.

**DOMINE** refugium factus es nobis, a generatione in generationem.

Priusquam montes fierent aut formaretur terra et orbis : a sæculo et usque in sæculum tu es Deus.

Ne avertas hominem in humilitatem : et dixisti, Convertimini, filii hominum.

Quoniam mille anni ante oculos tuos tanquam dies hesterna, quæ præteriit.

Et custodia in nocte, quæ pro nihilo habentur, eorum anni erunt.

not David also a sinner ? But Thou hadst mercy on him.

O Lord, be not forgetful of the reproach I willingly bore when Thou wast kind to me, the reproach which came from Thy many enemies.

For Thine enemies reproach me now as if Thy mercy were exhausted. I will still hope in Thee, my God.

Blessed be Thou, my Lord and my God, my hope for evermore. Amen. Amen.

### **Domine, refugium. Ps. 89.**

**T**HOU, O Lord, art ever the refuge and protection of those who serve Thee.

Thy kindness is manifested because the fleeting years of man's life are as nothing to Thine eternity. Before the world was made and the mountains stood up out of the waters Thou wast God.

Do not Thou leave me to myself, giving me a command to turn to Thee, and then not helping me by Thy grace.

For the life of man, yea even a thousand years, is as nothing in Thy sight. Like a day that is passed away, leaving no trace behind.

Or like a watch in the night when the relief has come ; or as something that is of no account, so are the years of man's life.

In the morning he springs up like grass, and flourishes for a brief space, then passes away, and in the evening he is cut down like grass, grows dry and is withered up.

It is because Thou hast been angry with me that I have fainted away, and Thine indignation has grievously troubled me.

Thou hast set my sins before Thine eyes, and my whole life in the fierce light of Thy countenance.

In that light all my days are worthless before Thine anger. They have been reduced to nothing.

The whole of my life is seen to be filled with useless labour like a spider weaving a web that has no abiding strength. The utmost span of man's life is threescore and ten.

And if in an exceptional case a man liveth four score years, what is there but more labour and sorrow ?

For there is nothing but humiliation for the old and most severe rebukes.

Who can know how far he has provoked Thine anger, and what retribution he is to receive ?

Grant that I may know the punishment Thy right hand may mete out for me, that I may be wise in heart and no longer provoke Thee.

Mane sicut herba transeat : mane floreat et transeat : vespera decidat, induret et arescat.

Quia defecimus in ira tua ; et in furore tuo turbatus sumus.

Posuisti iniquitates nostras in conspectu tuo ; sæculum nostrum in illuminatione vultus tui.

Quoniam omnes dies nostri defecerunt : et in ira tua defecimus.

Anni nostri sicut aranea meditabuntur : dies annorum nostrorum in ipsis septuaginta anni.

Si autem in potentatibus octoginta anni, et amplius eorum labor et dolor.

Quoniam supervenit mansuetudo : et corripiemur.

Quis novit potestatem iræ tuæ ; et præ timore tuo iram tuam dinumerare ?

Dexteram tuam sic notam fac ; et eruditos corde in sapientia.

Converte Domine usquequo ? et deprecabilis esto super servos tuos.

Repleti sumus mane misericordia tua : et exultavimus et delectatus sumus omnibus diebus nostris.

Lætati sumus pro diebus, quibus nos humiliasti : annis, quibus vidimus mala.

Respice in servos tuos et in opera tua ; et dirige filios eorum.

Et sit splendor Domini Dei nostri super nos ; et opera manuum nostrarum dirige super nos : et opus manuum nostrarum dirige.

Qui habitat in adiutorio Altissimi, in protectione Dei cœli commorabitur.

Dicet Domino, Susceptor meus es tu, et refugium meum : Deus meus sperabo in eum.

Quoniam ipse liberavit me de laqueo venantium ;

Turn to me, O Lord, and let my prayers prevail upon Thee to have mercy on me.

If Thou hear my prayer I shall be filled with Thy mercy, and I shall have joy all the days of my life.

My joy shall be more abundant because of the long period in which Thou hast humbled me, and for the years in which I have experienced the evils of separation from Thee.

Look, then, kindly on Thy servant and upon the works of Thy hand and lead Thy child aright.

Let the brightness of Thy countenance shine upon me, my own good God, and do Thou guide my hands from above. Direct me, O Lord, in all the work I do for Thee.

#### **Qui habitat. Ps. 90.**

**H**APPY is the man who trusts constantly in Thy help, O Lord God Most High, for he shall dwell at peace under Thy protection.

I will speak to Thee, my Lord, for Thou art my protector, my fortress to whom I can fly ; my God in whom I will place all my trust.

Thou hast rescued me from the snare of the evil one. He has striven to make me lose confidence in Thee and to trust in myself ; he has sought to disturb me by the sharp criticism to which I have been exposed. But

Thou, my good God, hast taught me how to disregard these temptations.

Thou wilt screen me yet more from his attacks with Thy strength. Thou wilt comfort me under Thy wings.

Thy truth will be to me a shield giving me right principles whereby to repel the attacks of Satan. I will rely on Thee, my God, and not be cast down when I am assaulted in the night.

I will not fear for the attacks that come upon me openly, or those that assail my soul in secret ; nor for such as come upon me in the full glare of day.

A thousand who trust not in Thee, my God, may fall beside me, and ten thousand close to my right hand. But by Thy protection their fall shall not hurt me.

Their fall shall be only a warning to me, and I shall know what Thou wilt do to them for their sin.

For Thou, O Lord, art my hope ; Thou the Most High art my refuge, my safe retreat.

No evil can harm me, and no trial can come upon me save such as Thou in Thy wisdom shalt see is good for me.

Thou hast given Thy angels charge over me ; they will keep me in all my ways, and will save me from harm.

They shall bear me up in their hands lest I hurt my foot against a stone. O Lord, my God, how kind Thou art to

et a verbo aspero.

Scapulis suis  
obumbrabit tibi :  
et sub pennis ejus  
sperabis.

Scuto circumda-  
bit te veritas ejus :  
non timebis a  
timore nocturno :

A sagitta volante  
in die ; a negotio  
perambulante in  
tenebris ; ab incursu et daemone  
meridiano.

Cadent a latere  
tuo mille ; et de-  
cem millia a dext-  
ris tuis : ad te  
autem non appro-  
pinquabit.

Verumtamen oculis  
tuis considera-  
bis : et retributio-  
nem peccatorum  
videbis.

Quoniam tu es  
Domine spes mea ;  
Altissimum posui-  
sti refugium tuum.

Non accedet ad  
te malum : et fla-  
gellum non appro-  
pinquabit taberna-  
culo tuo.

Quoniam Angelis  
suis mandavit de  
te : ut custodiant  
te in omnibus viis  
tuis.

In manibus por-  
tabunt te ; ne forte

offendas ad lapi-  
dem pedem tuum.

Super aspidem et  
basiliscum ambu-  
labis ; et concul-  
cabis leonem et  
draconem.

Quoniam in me  
speravit, liberabo  
eum : protegam e-  
um, quoniam cog-  
novit nomen meum.

Clamabit ad me,  
et ego exaudiam  
eum ; cum ipso  
sum in tribulatione:  
eripiam eum et glo-  
rificabo eum.

Longitudine die-  
rum replebo eum :  
et ostendam illi  
salutare meum.

**BONUM** est confi-  
teri Domino, et  
psallere nomini tuo  
Altissime.

Ad annuntiandum  
m a n e misericor-  
diam tua m, et  
veritatem tuam per  
noctem.

In decachordo,  
psalterio, c u m  
cantico in cithara.

Q u i a delectasti  
me Domine i n  
factura tua : et in

me, and how little I have deserved  
Thy kindness !

In Thy strength I shall have power  
over the enemies of my soul. Neither  
poisoned words nor great strength shall  
be able to harm me.

Thou wilt say to my soul, " Put thy  
trust in Me and I will deliver thee ;  
thou shalt have my sure protection.  
Thou shalt know My Name that thou  
mayest call Me at once to thine  
assistance."

Help me, then, O Lord, for I will cry  
to Thee and trust that Thou wilt hear  
me. Be with me when I am in trouble ;  
snatch me from danger, and give me  
the glory of serving Thee faithfully.

As a last blessing show me yet more  
of Thy Son, my Salvation. Grant me  
time to contemplate Thy goodness and  
kindness to me during my whole life.

**Bonum est confiteri. Ps. 91.**

IT is good for me to give all the  
praise I can to Thee, my Lord,  
and to sing to Thy holy name in the  
Divine Office, for Thou art the Most  
High God.

The burden of my song shall be Thy  
mercy to me, giving me a new day  
wherein to praise Thee and meditate  
on Thy fidelity to me in the quiet of  
the night.

I will stint no trouble in Thy service,  
but will strive to give Thee the best  
I am able.

For Thou hast allowed me to see and  
appreciate Thy noble work for the

souls of men, and Thou hast given me joy in feeling the influence of Thy hand upon me.

How great, how worthy of all praise are Thy works ! How profound are Thine eternal thoughts for man !

The foolish sinner has no knowledge of Thee, nor has he any appreciation of all Thy doings.

The brief life of the sinner and his seeming prosperity

Are only the prelude of eternal death in the next life. But Thou, O Lord, remainest for ever the Most High God.

All Thine enemies, O Lord, yea, every one of them shall perish, and all the workers of iniquity shall be scattered before Thy face.

But through Thy mercy I shall grow in strength, and my age shall be made fruitful in good works.

I shall see the downfall of the evil spirits who have risen up against me.

But the just who serve Thee faithfully shall flourish as a palm-tree and like a cedar of Libanus.

operibus manuum  
tuarum exultabo.

Quam magnifica-  
ta sunt opera tua  
Domine : nimis  
profundæ factæ  
sunt cogitationes  
tuæ.

Vir insipiens non  
cognoscet : et stul-  
lus non intelliget  
hæc.

Cum exorti fuerint  
peccatores sicut fœ-  
num ; et apparuer-  
int omnes qui oper-  
antur iniquitatem :

Ut intereant in  
sæculum sæculi : tu  
autem Altissimus in  
æternum Domine.

Quoniam ecce  
inimici tui Domine ;  
quoniam ecce ini-  
mici tui peribunt :  
et dispergentur om-  
nes, qui operantur  
iniquitatem.

Et exaltabitur si-  
cut unicornis cornu  
meum et senectus  
mea in misericordia  
uber.

Et despexit oculus  
meus inimicos meos : et in insurgen-  
tibus in me malignan-  
tibus audiet au-  
ris mea.

Justus ut palma  
florebit ; sicut ced-  
rus Libani multi-  
plicabitur.

Plantati in domo  
Domini ; in atris  
domus Dei nostri  
florebunt.

Adhuc multiplicabuntur in senecta  
uberi : et bene  
patientes erunt, ut  
annuntient.

Quoniam rectus  
Dominus Deus no-  
ster : et non est  
iniquitas in eo.

DOMINUS regnabit,  
decrem induitus est : induitus  
est Dominus fortitudinem, et præ-  
cinxit se.

Etenim firmavit  
orbem terræ, qui  
non commovebitur.

Parata sedes tua  
ex tunc : a sæculo  
tu es.

Elevaverunt flu-  
mina Domine :  
elevaverunt flumi-  
na vocem suam.

## PSALM 92.

They whom Thou hast planted in  
Thy own house shall grow in grace in  
the courts thereof, *i.e.*, in the religious  
houses which are to so many souls the  
court of heaven.

They shall, by Thy blessing, increase  
also in number and keep their fervour  
even to old age.

They shall manifest to the world  
how just Thou art to them that serve  
Thee, O my God, and that none need  
fear that Thou wilt deal ungenerously  
with Thy servants.

### **Dominus regnavit. Ps. 92.**

O MY Lord, take up Thy kingdom in  
my heart, and clothe Thyself  
with beauty in my sight that I may  
praise Thee with all the power Thou  
hast given to me. Show forth Thy  
power and subdue all the enemies  
of my soul. Let there be nothing in  
me which is not wholly subject to  
Thee.

Thou hast always been constant in  
Thy love and care of me. Keep me  
for Thyself for ever.

Thou hast chosen my heart from  
eternity to dwell in, O my God.  
Prepare it for Thyself and stay with  
me for ever.

The floods of Thy grace have been  
poured out in my soul, O Lord, and  
Thou hast often spoken to my heart  
so that I have not been able to drown  
Thy voice.

I have been compelled to listen to Thee.

Thy goodness to me is very wonderful. I have so little deserved Thy grace. May Thy goodness lead me even to Heaven that I may praise Thee for ever.

But Thy greatest grace and the most powerful incentive to effort is the life of Thy Son. I must learn the lesson of that life and thus make my heart a more worthy dwelling for Thee, my God.

**Deus ultionum. Ps. 93.**

**V**ENGEANCE belongs to Thee, O Lord. Thou canst punish all sinners when Thou wilt.

We cry to Thee to requite the proud enemies of Thy Church according to Thy just judgment, and to bring upon them the punishment they deserve.

How long, O Lord, wilt Thou allow sinners to boast of their evil deeds against Thy servants?

Wilt Thou allow them to utter their impiety and speak abroad their iniquity unpunished?

They have brought Thy people down to the dust; they have spoiled Thine inheritance.

They have slain the widow and the man who was their guest, and orphans they have done to death.

Elevaverunt flumina fluctus suos a vocibus aquarum multarum.

Mirabiles elationes maris : mirabilis in altis Dominus.

Testimonia tua credibilia facta sunt nimis : domum tuam decet sanctitudo Domine in longitudinem diem.

D E U S ultionum Dominus : D e u s ultionum libere egit.

Exaltare, qui judicas terram : redde retributio nem superbis.

Usquequo peccatores Domine : usquequo peccatores gloriabuntur?

Effabuntur et loquentur iniuriam : loquentur omnes, qui operantur in justitiam?

Populum tuum Domine humiliaverunt : et haereditatem tuam vexaverunt.

Viduam et advennam interfecerunt : et pupillos occiderunt.

Et dixerunt, Non videbit Dominus, nec intelliget Deus Jacob.

Intelligite, insipientes in populo : et stulti, aliquando sapite.

Qui plantavit aures, non audiet ? aut qui finxit oculum, non considerat ?

Qui corripit gentes, non arguet ; qui docet hominem scientiam ?

Dominus scit cogitationes hominum, quoniam vanæ sunt.

Beatus homo, quem tu erudieris Domine : et de lege tua docueris eum.

Ut mitiges ei a diebus malis, donec fodiatur peccatori fovea.

Quia non repellent Dominus plebem suam : et hæreditatem suam non derelinquet.

Quoadusque iustitia convertatur in judicium ; et qui juxta illam, omnes qui recto sunt corde.

Quis consurget mihi aduersus malignantes ? aut

And they said in their heart, "God will not see ; their God has no regard for them."

Take heed, ye that are without wisdom ; ye that act so foolishly learn wisdom.

Shall God who made man to hear, Himself not hear ? Shall God who gave us sight be Himself blind ?

He hath smitten the nations who served Him not in the past ; shall He have no rebuke for you ? He that giveth man the power of knowing, shall He be deceived ?

Thou, O Lord, knowest all the thoughts of man's mind and how vain they are.

Blessed is he whom Thou teachest, O Lord ; Thou shalt put Thy law into his heart.

Thou wilt give him peace of heart even when the days are evil until the wicked are dead and buried.

For Thou wilt not cast away them that are faithful to Thee, nor forsake Thy own inheritance.

The time appointed by Thee will come when justice shall speak its judgment, and then it will be found that the upright of heart shall be in close accord with it.

For the present I will hope that there may be found some who will take Thy

part against evil doers, and stand firm against the workers of iniquity.

If Thou, my Lord, hadst not given me confidence in Thy help I had almost despaired.

But in my own life when I called to Thee that my feet were slipping, I felt Thy mercy upholding me.

The more sorrow has been multiplied in my heart at the sight of the evil in the world, the more hast Thou soothed me in the depth of my soul.

I cannot think that the throne of evil, according to law (which makes laws that command what is evil) can have any lasting support from Thee.

Such harry the life of the just, and condemn the innocent to death.

Thou, O Lord, art my refuge. Thou, my God, givest me a strong hope.

Thou wilt surely visit their iniquity upon their heads. Their very malice shall undo them ; and Thou, our Lord and God, wilt bring them to destruction.

quis stabit tecum  
adversus operantes  
iniquitatem ?

Nisi quia Dominus  
adjuvit me, paulo  
minus habitasset in  
inferno anima mea.

Si dicebam, Motus  
est pes meus : mis-  
ericordia tua Domine  
adjuvabat me.

Secundum multi-  
tudinem dolorum  
meorum in corde  
meo : consolaciones  
tuæ lœticaverunt  
animam meam.

Numquid adhæ-  
ret tibi sedes ini-  
quitatis, qui fingis  
laborem in præ-  
cepto ?

Captabunt in ani-  
mam justi : et san-  
guinem innocentem  
condemnabunt.

Et factus est  
mihi Dominus in  
refugium, et Deus  
meus in adjutorium  
spei meæ.

Et reddet illis  
iniquitatem ipsorum ; et in malitia  
eorum disperdet eos : disperdet illos  
Dominus Deus noster.

**Venite exultemus. Ps. 94.**

VENITE, exultemus Domino, jubilemus Deo salutari nostro : præoccupemus faciem ejus in confessione, et in psalmis jubilemus ei.

MY soul will rejoice in Thee, my Lord ; do Thou grant me some little of Thine own joy to fill my heart. I will come into Thy presence with thanksgiving for all Thy benefits to me. I will show my joy by singing psalms to Thy praise.

Quoniam Deus magnus Dominus, et Rex magnus super omnes deos ; quoniam non repellet Dominus plebem suam : quia in manu ejus sunt omnes fines terræ, et altitudines montium ipse conspicit.

Quoniam ipsius est mare, et ipse fecit illud, et ari-dam fundaverunt manus ejus ; venite, adoremus, et procidamus ante Deum : ploremus coram Domino, qui fecit nos, quia ipse est Dominus Deus noster ; nos autem populus ejus, et oves pascuae ejus.

Hodie si vobis ejus audieritis, nolite obdurare corda vestra ; sicut in exacerbatione secundum diem tentationis in deserto :

For Thou, O Lord, art the great God, and a great King above all who act as if they had divine power. In Thy hands are all the ends of the earth, and the heights of the mountains are Thine. There is no spot on the earth where Thine influence and power are not felt.

The sea is Thine, for Thou didst make it, and Thy power it was that made the solid earth. I will come to Thee, my God, and fall down before Thee and adore Thee. Thou art my Maker and my Creator. Thou art the Lord our God. We are Thy people, and we look to Thee for our food and for protection.

When I hear Thy voice to-day, for Thou wilt ever speak to me, I will not harden my heart as did Thy chosen people of old in the desert when they murmured against Thee, and tempted and provoked Thee so that Thou didst

show them Thy power in destroying many of them.

For forty years Thou wast offended with them, for they were ever hard of heart. They did not consider Thy ways, and being angry with them Thou didst let but two enter the Promised Land. Deal not so with me, O Lord, but speak to my heart and make me pliant to Thy will that I may always serve Thee faithfully.

ubi tentaverunt me patres vestri, probaverunt et vide-  
runt opera mea.

Quadraginta annis proximus fui genera-  
tioni huic : et dixi, Semper hi er-  
rant corde : ipsi vero non cognoverunt vias meas,  
quibus juravi in ira mea, si introi-  
bunt in requiem meam.

### Cantate Domino. Ps. 95.

I WILL praise Thee, O Lord, with an ever new song, for I will strive to make my desire of Thee more earnest each time I come before Thee. In the Divine Office I stand not alone, but give Thee the praise which the whole earth owes to Thee.

My praise shall consist in the imitation of Thy Son, my Lord, who manifests Thy name to man. My efforts to apply to my soul day by day the salvation He has purchased shall be my sincere praise of Thee, my God.

Thus shall I witness to the world Thy glory ; and the wonders of Thy grace shall in Thy mercy be manifest in my life.

Thou art great, O Lord, and worthy of most sincere praise. Thou art to be approached in fear and great reverence. Thou art far beyond all who exalt themselves before men.

CANTATE Domino canticum novum : cantate D o m i n o omnis terra.

Cantate Domino et benedicite no-  
mini ejus : annun-  
tiate de die in diem  
salutare ejus.

Annuntiate inter  
gentes gloriam ejus;  
in omnibus populis  
mirabilia ejus.

Quoniam magnus  
Dominus et lauda-  
bilis nimis : terribilis est super om-  
nes deos.

Quoniam omnes  
dii gentium dæ-  
monia : Dominus  
autem cœlos fecit.

Confessio et pul-  
chritudo in con-  
spectu ejus ; sanc-  
timonia et magni-  
ficentia in sancti-  
ficatione ejus.

Afferte Domino  
patriæ gentium ;  
afferte Domino  
gloriam et hono-  
rem : afferte Do-  
mino gloriam no-  
mini ejus.

Tollite hostias et  
introite in atria  
ejus : adorate Do-  
minus in atrio  
sancto ejus.

Commoveatur a  
facie ejus universa  
terra : dicite in  
gentibus, quia Do-  
minus regnavit.

Etenim correxit  
orbem terræ, qui  
non commovebi-  
tur : judicabit po-  
pulos in æquitate.

Lætentur cœli et  
exultet terra ; com-  
moveatur mare et  
plenitudo ejus :  
gaudebunt campi,  
et omnia, quæ in  
eis sunt.

It is Satan who tries to make men  
reverence anything apart from Thee.  
Thou madest the heavens to raise our  
minds to Thee.

The eternal praise and beauty of  
Thy nature are in Thine own vision ;  
Thy holiness and Thy majesty are  
manifested to man in the worship Thy  
chosen ones give to Thee in Thy  
sanctuary.

I will bring to Thy worship all the  
glory and honour I am able. I will  
give Thee also the glory the world  
refuses Thee. I will offer to Thy holy  
name all the praise I can.

My small sacrifices of time and ease  
I will offer to Thee, and these will make  
my adoration of Thee generous in Thy  
sight. Thus in the choir and in the  
sanctuary I will adore Thee as in the  
courts of heaven.

My prayer shall be that Thy great-  
ness may rouse all the nations of the  
earth to Thy service. By the rule  
Thou bearest in my heart shall men  
learn that Thou art a King whom it  
is a joy to serve.

Thou hast established the earth  
firmly. Thou wilt judge Thy people  
with even justice.

Let the angels rejoice, let man be  
glad, let the sea exult, and let all the  
riches of the sea be given to Thee, O  
God. Let the fields rejoice, and every  
living thing on the earth be full of joy.

Then also shall every tree on the earth be glad before the face of my God, for Thou comest to judge the earth.

Thou wilt judge the world with justice, and all people Thou wilt judge in Thy truth. Grant, O my God, that I may be pleasing in Thy sight in that day.

**Dominus regnavit. Ps. 96.**

MY soul rejoices in Thy power, O Lord. Thy kindly rule makes the whole world rejoice. Even the islands afar off shall be glad.

The secrets of Thy nature are hidden in clouds and darkness. Thy relation to man is manifested by the justice and kind judgment Thou metest out to them.

Out of the cloud that surrounds Thee come lightnings and signs of infinite power which destroy all that opposes itself to Thy gentle and kind rule.

Thy lightnings have shown Thy power over the souls of men, beating down all that was against Thee. All that is of earth in man trembles and grows weak when Thou drawest near.

Even the strongest and most obstinate natures have been melted when Thou, O Lord, didst show Thyselveto them.

The heavens, the saints, show forth the great power of Thine attraction over souls, and the whole world sees Thine inner glory in their lives.

Tunc exultabunt omnia ligna silvarum a facie Domini, quia venit : quoniam venit iudicare terram.

Judicabit orbem terrae in æquitate ; et populos in veritate sua.

DOMINUS regnavit, exultet terra : lætentur insulæ multæ.

Nubes et caligo in circuitu ejus : justitia et judicium correctio sedis ejus.

Ignis ante ipsum præcedet ; et inflammat in circuitu inimicos ejus.

Illuxerunt fulgura ejus orbi terræ ; vident et commota est terra.

Montes sicut cera fluxerunt a facie Domini ; a facie Domini omnis terra.

Annuntiaverunt coeli justitiam ejus : et viderunt omnes populi gloriam ejus.

Confundantur omnes, qui adorant sculptilia, et qui gloriantur in simulacris suis.

Adorate eum, omnes Angeli ejus : audivit et laetata est Sion.

Et exultaverunt filiae Judæ propter judicia tua Domine.

Quoniam tu Dominus altissimus super omnem terram : nimis exaltatus es super omnes deos.

Qui diligitis Dominum odite malum ; custodit Dominus animas sanctorum suorum : de manu peccatoris liberabit eos.

Lux orta est iusto, et rectis corde laetitia.

Lætamini justi in Domino, et confitemini memoriae sanctificationis ejus

CANTATE Domino canticum novum : quia mirabilia fecit.

But they who give their hearts to any idol of earth find that their lives are full of confusion.

May Thy holy angels whom Thou hast chosen to be Thy messengers adore Thee and praise Thee. May Thy Church hear and rejoice in the honour given to Thee.

May the daughters of Jerusalem, the chosen souls of Thy Church, be glad, because of the mercy of Thy rule, O my God.

For Thou hast shown to them Thy greatest power—Thy power over the weak human heart, how Thou canst subdue the last remnants of self-love in the soul.

Grant, O Lord, that all who love Thee may hate the evil still left in their hearts. Thou lovest to preserve the souls of Thy saints from all harm. Thou wilt snatch them from the hand of the sinner.

Thy light shineth on the souls of the just. The light of Thy Son's life giveth joy to all those who are right of heart.

Grant, O my Lord, that I may rejoice in Thee and serve Thee with a joyful heart. May I always keep in my heart the memory of Thy sanctity.

### Cantate Domino. Ps. 97.

O MY God, I will sing a new song to Thee every day, for Thou art ever most wonderful in Thy patience with me.

Thou alone givest me the victory, and when I fail it is because I trust in myself and not in Thee. The victory is not for myself but for Thee, because I am Thine.

Thou hast clearly shown me Thy salvation, for Thou hast shown the beautiful life of Thy Son to the whole world.

Thou dost never cease to be merciful to me in my weakness. Thou shovest forth Thy truth to me at all times if I keep my eyes fixed on Thee.

All the earth has seen Thy beauty in the life of Thy Divine Son.

Grant that all the world may have joy in Thee and sing to Thy praise. May all be filled with rejoicing and worship Thee in psalmody.

O may I use every means in my power to make Thy service complete.

With great joy I will come into Thy presence, for Thou art my Lord and my King. Thou art King also of the sea and the whole earth, and of all that dwell therein. I will voice their praise to Thee.

Grant that I may always serve Thee with joy. Shall I be silent when all nature rejoices in Thee? May I live in Thy presence and not fear to meet Thee when Thou comest to judge the world.

Salvavit sibi dextera ejus, et brachium sanctum ejus.

Notum fecit Dominus salutare suum : in conspectu gentium revelavit justitiam suam.

Recordatus est misericordiae suae, et veritatis suae domui Israel.

Viderunt omnes termini terrae : salutare Dei nostri.

Jubilate Deo omnibus terra : cantate et exultate et psallite.

Psallite Domino in cithara, in cithara et voce psalmi : in tubis ductilibus et voce tubae cornea.

Jubilate in conspectu regis Domini ; moveatur mare et plenitudo ejus : orbis terrarum et qui habitant in eo.

Flumina plaudent manu ; simul montes exultabunt a conspectu Domini : quoniam venit judicare terram.

Judicabit orbem  
terrarum in justitia,  
et populos in  
æquitate.

**DOMINUS** regnabit,  
irascantur populi : qui sedet  
super Cherubim,  
moveatur terra.

Dominus in Sion  
magnus, et excelsus  
super omnes  
populos.

Confiteantur nomini tuo magno ;  
quoniam terrible et sanctum est : et  
honor regis judicium diligit.

Tu parasti direc-  
tiones : judicium et  
justitiam in Jacob  
tu fecisti.

Exaltate Domi-  
num Deum nos-  
trum ; et adorate  
scabellum pedum  
eius : quoniam  
sanctum est.

Moyses et Aaron  
in sacerdotibus  
eius : et Samuel  
inter eos qui invo-  
cant nomen eius.

I will leave all judgment to Thee, for  
Thou comest to judge the earth. If I  
must judge, I will do so according to  
Thy judgment, and be mild and just.

**Dominus regnavit. Ps. 98.**

**T**HOUGH the wicked rage against  
Thee, O Lord, I will acknowledge  
Thee as my King. Though my flesh  
may be troubled in Thy service, I beg  
of Thee to make firm Thy seat in the  
tabernacle of my heart, where, as in  
the Ark, Thou dwellest between the  
cherubim.

In the choir of Thy chosen ones I  
shall have time to consider Thy great-  
ness. Oh, of how much greater value  
Thou art than all the people who  
distract me !

I will praise Thy holy name with  
great reverence. I will beg of Thee to  
make me holy, that I may be fit to  
pronounce Thy name. Give me the  
grace to enable me to praise Thee with  
my whole heart.

My good God, Thou hast taken great  
pains to let me know Thy holy will ;  
even so Thou didst act when Thou  
didst judge the children of Israel.

In that day the people were called  
upon to adore the Ark on which Thy  
feet rested. I will be careful to be  
very reverent at the altar where Thou  
dwellest.

Thy servants, Moses and Aaron, and  
Thy prophet Samuel were instant in  
prayer to Thee.

They called upon Thee, O Lord, and Thou didst hear them. Thou didst speak to the two first in the pillar of cloud.

They indeed kept Thy law and walked holily in all their ways.

Thou didst listen to the prayers of all the people of Israel when they were faithful to Thee, and Thou didst often pardon their sins. But when they left Thee, Thou didst show them how weak they were of themselves. So it is with me. I may trust most confidently in Thee when I am faithful, and I may look to Thee for pardon though I often fail. But if I trust in myself and leave Thee, I shall be in great danger.

So in the Holy Office in Thy sanctuary I will praise and glorify Thee for Thy great sanctity, and for all Thy goodness to me, my God.

### **Jubilate. Ps. 99.**

THE praise I give to Thee, my God, must be full of joy and confidence. Give me grace to serve Thee joyfully and with a generous heart.

Let me not fear to go into Thy presence, for Thou art my own Lord and God who hast loved me, and given Thyself for me.

Thou hast made me and not I myself. I have nothing for which to praise or thank myself. Whatever I have is Thy gracious gift.

Invocabant Dominum, et ipse exaudiens eos ; in columna nubis loquebatur ad eos.

Custodiebant testimonia ejus, et praeceptum, quod dedit illis.

Domine Deus noster tu exaudiebas eos ; Deus tu propitiatus fuisti eis : et ulciscens in omnes adinventiones eorum.

Exaltate dominum nostrum Deum noster ; et adorate in monte sancto eius : quoniam sanctus Dominus Deus noster.

JUBILATE Deo omnis terra : servite Domino in laetitia.

Introite in conspectu ejus in exultatione.

Scitote, quoniam Dominus ipse est Deus ; ipse fecit nos, et non ipsi nos.

Populus ejus, et  
oves pascuæ ejus ;  
introite portas ejus  
in confessione :  
atria ejus in hym-  
nis, confitemini illi.

Laudate n o m e n  
ejus, quoniam su-  
vis est Dominus ;  
in æternum mis-  
ericordia ejus : et  
usque in genera-  
tionem et genera-  
tionem veritas ejus.

MISERICORDIAM et  
judicium cantabo  
tibi Domine.

Psallam et intel-  
ligam in via imma-  
culata ; quando ve-  
nies ad me.

Perambulabam in  
innocentia cordis  
mei, in medio do-  
mus meæ.

Non proponebam  
ante oculos meos  
rem injustam ; fa-  
cientes prævarica-  
tiones odivi.

Non adhæsit mihi  
cor pravum : de-  
clinantem a me  
malignum non  
cognoscebam.

Detrahentem se-  
creto proximo suo,  
hunc persequebar.

Superbo oculo, et  
insatiabili corde,  
cum hoc non ede-  
bam.

Thou hast made me a member of  
Thy own family, and hast chosen me  
to belong to Thy most favoured flock.  
Therefore, I will go to Thy work with  
thanksgiving, and I will enter Thy  
courts with hymns of praise on my  
lips.

I will go to choir with joy and praise  
Thee, not only for Thy power, but also  
for Thy sweetness, Thy mercy, and  
Thy truth.

### **Misericordiam. Ps. 100.**

**T**HY mercy to me and the equity of  
Thy dealing with me shall be the  
theme of my praise of Thee, O Lord.

I will sing Thy praises and strive to  
understand how I may follow the way  
of innocence before Thee. Do Thou,  
my God, come to my assistance.

I dwell in Thy house, O Lord. Give  
me grace to walk in innocence of heart  
before Thee.

I will strive to keep no unjust or evil  
purpose before mine eyes. I will hate  
all that are deceitful in their dealings  
with Thee.

I will not harbour a perverse heart in  
my breast. I will try to drive even  
from my thoughts all that is evil.

I will strive to correct any com-  
panion of mine who slanders my  
neighbour or uses harsh judgment  
against him.

Proud looks shall be far from me,  
and an uncontented heart shall not  
abide in me.

But fixing mine eyes on those who in the past, or now in the community are faithful, I will spend my time with them. Thou, O Lord, who didst walk the perfect way, hast helped me. I will rely on Thee always.

Put from me all pride and injustice. Let me give no countenance to proud deeds or to evil talk.

Give me grace, O my God, that in the morning I may crush all tendency to sloth and evil in me. Help me to keep all sin from my heart, for I am in Thy city.

Oculi mei ad fideles terræ, ut sedeant mecum : ambulans in via immaculata, hic mihi ministrabat.

Non habitabit in medio domus meæ, qui facit superbiam : qui loquitur iniqua non direxit in conspectu oculorum meorum.

In matutino interficiebam omnes peccatores terræ : ut disperderem de civitate Domini omnes operantes iniqitatem.

#### **Domine, exaudi. Ps. 101.**

**H**EAR my prayer, O Lord, and let my cry of distress come unto Thee.

Turn not away Thy face from me, my good God, nor discourage me from appealing to Thee in my trouble. Graciously bend down Thine ear to me.

In what day soever I shall call upon Thee hearken to me speedily.

For my life is passing away like smoke, and my very bones are as dry as the fuel ready for burning.

I am as dry as parched grass ; there is no vigour in my heart. Misery is so

**DOMINE** exaudi orationem meam : et clamor meus ad te veniat.

Non avertas faciem tuam a me : in quacumque die tribulor, inclina ad me aurem tuam.

In quacumque die invocavero te, velociiter exaudi me :

Quia defecerunt sicut fumus dies mei : et ossa mea sicut cregium aruerunt.

Percussus sum ut fœnum, et aruit cor meum ; quia

## PSALM 101.

oblitus sum comedere panem meum.

A voce gemitus  
mei adhæsit os  
meum carni meæ.

Similis factus sum  
pellicano solitudini-  
nis : factus sum  
sicut nycticorax in  
domicilio.

Vigilavi, et factus  
sum sicut passer  
solitarius in tecto.

Tota die expro-  
brabant mihi ini-  
mici mei ; et qui  
laudabant me, ad-  
versum me jura-  
bant.

Quia cinerem tan-  
quam panem man-  
ducabam : et pot-  
um meum cum  
fletu miscebam.

A facie iræ et  
indignationis tuæ ;  
quia elevans allisi-  
sti me.

Dies mei sicut  
umbra declinaver-  
runt : et ego sicut  
fœnum arui.

Tu autem Domine  
in æternum per-  
manes : et memo-  
riale tuum in gene-  
rationem et gene-  
rationem.

Tu exurgens mi-  
sereberis Sion ;  
quia tempus mise-  
rendi ejus quia  
venit tempus.

much my lot that I have forgotten to  
eat my bread.

Because of my depression my bones  
have cleaved to my flesh.

I am become solitary as a pelican in  
the wilderness, or as a night-raven  
that flies about a ruined house in the  
dark.

I have spent sleepless nights, and  
am like a sparrow that sits alone on  
the house-top.

Mine enemies have heaped revilings  
upon me, and even my friends who of  
old had good words for me are now in  
league against me.

I have been in the lowest depths of  
misery, willing to eat ashes for bread,  
and to quench my thirst with tears.

For I have felt that Thou wast  
angry with me and enraged against  
me, otherwise why, after having  
raised me up, hast Thou now cast me  
down ?

My life has become dark like the  
shadow just before sunset, and I am  
withered up like grass.

But Thou, O my Lord, endurest for  
ever, and the memory of Thy kindness  
is green in every age.

Arise, then, and have mercy once  
more upon my soul which has been  
Thy dwelling. It is time to have  
mercy, surely the time has come.

For Thy saints have taken pleasure in helping me in the past, as the exiles from Sion delighted in her stones. Let them once more intercede with Thee to have pity on my weakness.

Thy kindness to me will make those who forget Thee have reverence for Thee, O Lord, and the rulers of this darkness, the evil spirits, will acknowledge Thy glory.

For Thou art the Creator of my soul, and Thou hast made it for Thine own glory.

Thou wilt have regard to the prayer of my heart, now thoroughly humbled before Thee. Thou wilt not despise my petition.

I will record Thy goodness for those who are to come after me, and souls not yet created will praise Thee because of Thy mercy to me, O Lord.

In Thy kindness Thou hast looked down from the height of Thy holiness. Out of heaven Thou hast deigned to cast Thine eyes on the earth.

That Thou mightest hear my prayer from the prison and from the chains of my misery. Thou hast also delivered the children of the slain, *i.e.*, those who have none to succour them.

I will sing to Thy holy name in the Church, and I will chant Thy praise in the home of holiness.

For the people will be gathered together, and the rulers of the earth to serve Thee.

Quoniam placuerunt servis tuis lapides ejus ; et terræ ejus miserebuntur.

Et timebunt gentes nomen tuum Domine ; et omnes reges terræ gloriam tuam.

Quia aedificavit Dominus Sion ; et videbitur in gloria sua.

Respexit in orationem humilium, et non sprevit precem eorum.

Scribantur hæc in generatione altera : et populus, qui creabitur, laudabit Dominum.

Quia prospexit de excelso sancto suo : Dominus de cœlo in terram aspexit :

Ut audiret gemitus compeditorum : ut solveret filios interemptorum :

Ut annuntient in Sion nomen Domini ; et laudem ejus in Jerusalem.

In conveniendo populos in unum ; et reges, ut serviant Domino.

Respondit ei in  
via virtutis suæ :  
Paucitatem dierum  
meorum nuntia mihi.

Ne revoces me  
in dimidio dierum  
meorum : in genera-  
tionem et genera-  
tionem anni tui.

Initio tu Domine  
terram fundasti :  
et opera manuum  
tuarum sunt cœli.

Ipsi peribunt, tu  
autem permanes ;  
et omnes sicut ves-  
timentum veteras-  
cent.

Et sicut opertori-  
um mutabis eos,  
et mutabuntur : tu  
autem idem ipse  
es, et anni tui non  
deficient.

Fili servorum  
tuorum habitabunt:  
et semen eorum in  
sæculum dirigetur.

BENEDIC, anima  
mea, Domino ; et  
omnia quæ intra  
me sunt, nomini  
sancto ejus.

Benedic, anima  
mea, Domino ; et  
noli oblivisci om-  
nes retribuciones e-  
jus.

In Thine infinite strength, O Lord,  
Thou dost bid us ponder on the short-  
ness of life.

Take me not out of this life till I  
have shown my love to Thee, my own  
good God. Thy years are for ever and  
ever.

Thou, O God, art the Lord of all, and  
canst help me if Thou wilt. Thou  
didst lay the foundations of the earth,  
and the heavens are the work of Thy  
hands.

They shall perish, but Thou endu-  
rest. They shall grow old and use-  
less as a garment.

Thou shalt let them be subject of  
change as a vesture. But Thou, my  
God, art the self-same, and there is  
no change in Thee.

Thou art ever merciful. Let the  
children of Thy saints continue ; and  
do Thou take them under Thine own  
guiding hand and save them.

### **Benedic, anima. Ps. 102.**

I WILL bless Thee, O Lord, with my  
whole soul, and my praise of Thy  
holy name shall come from the very  
depths of my heart.

My soul shall bless and praise Thee,  
and shall not wilfully forget any of  
Thy benefits to me.

Thou dost offer me forgiveness for all my sins, and a healing of all my weaknesses.

Thou hast redeemed my life from eternal death. Thou hast crowned my life with mercy and most tender compassion.

Thou hast in Thyself offered me the most perfect satisfaction of every desire of my soul. Thou hast enabled me to regain the innocence and strength of my youth.

Thou offerest me mercy and kind judgment, because I have been oppressed by sin.

Thou hast shown Thy will in giving me Thy law, and in Thy constant guidance of all who are faithful to Thee.

Thou, my Lord, art full of tender compassion for weak man. Thou hast ever been long-suffering, waiting for my repentance, and plenteous in mercy when I turned to Thee.

Thou wilt not be angry for ever, nor wilt Thou ask too much from Thy servants.

Thou wilt not exact the full punishment of my sins if I repent, nor wilt Thou requite me according to mine iniquity.

For as heaven where Thou, my God, dwellest is immeasurably above the earth, so is Thy mercy infinite to all who lovingly fear Thee.

Qui propitiatur omnibus iniquitatibus tuis : qui sanat omnes infirmitates tuas :

Qui redimit de interitu vitam tuam ; qui coronat te in misericordia et miserationibus :

Qui replet in bonis desiderium tuum : renovabitur ut aquilæ juventus tua.

Faciens misericordias Dominus ; et judicium omnibus injuriam patientibus.

Notas fecit vias suas Moysi ; filiis Israel voluntates suas.

Miserator et misericors Dominus : longanimis et multum misericors.

Non in perpetuum irascetur ; neque in æternum comminabitur.

Non secundum peccata nostra fecit nobis ; neque secundum iniquitates nostras retribuit nobis.

Quoniam secundum altitudinem cœli a terra, corroboravit misericordiam suam super timentes se.

Quantum distat  
Ortus ab Occidente ; longe fecit a  
nobis iniquitates  
nostras.

Quomodo misere-  
tur pater filiorum :  
misertus est Domin-  
nus timentibus se :  
quoniam ipse cog-  
novit figuramentum  
nostrum.

Recordatus est,  
quoniam pulvis  
sumus ; homo sicut  
fœnum dies ejus :  
tanquam flos agri,  
sic efflorebit.

Quoniam spiritus  
pertransibit in illo,  
et non subsistet ;  
et non cognoscet  
amplius locum  
suum.

Misericordia au-  
tem Domini ab  
æterno ; et usque  
in æternum super-  
timentes eum.

Et justitia illius  
in filios filiorum ;  
his, qui servant  
testamentum ejus :

Et memores sunt  
mandatorum ipsius,  
ad faciendum ea.

Dominus in cœlo  
paravit sedem su-  
am : et regnum  
ipsius omnibus  
dominabitur.

Beendicite Do-  
mino, omnes An-  
geli ejus ; potentes

As far as the east is from the west,  
so far hast Thou separated my past  
sins from me.

As a father hath pity upon his  
children, so Thou, O Lord, hast pity  
on all who fear Thee with a filial fear,  
for Thou knowest with what weak-  
nesses we are made.

Thou forgettest not that I am but  
dust, and that my life is as grass, and  
as the wild flower which blooms for  
so short a time.

A cold wind passes over it and it  
has no life, and no one shall be able  
to find it again.

But Thy mercy is not passing, it is  
eternal for them that fear Thee, O my  
God.

Thy merciful justice is upon Thy  
servants from generation to generation  
whilst they are faithful to Thy co-  
venant,

If mindful of Thy commandments  
they keep them ;

Thou hast prepared Thy throne in  
heaven that we may know the kindly  
rule Thou wilt give to all.

Then I will join myself to Thine  
angels, O Lord, for they are strong and

so perfectly fulfil Thy will. Listening attentively to Thy voice,

I will join myself to the whole choir of angels who have no other desire than to do Thy will.

I will bless Thee; O Lord, for all Thy works by which Thou graciously rulest over the whole universe. My soul giveth Thee praise and blessing for all.

**Benedic, anima. Ps. 103.**

**I** WILL bless Thee, O Lord, for Thou art infinitely great.

Thou hast clothed Thyself with qualities which demand our praise, and Thy works with exceeding beauty. Thou art clothed with light as with a garment.

Thou hast stretched out the heavens like a tent to protect us. Thou hast covered the height of the sky with clouds bearing water.

Thou makest the clouds Thy chariot and movest on the wings of the winds.

Thou makest Thine angels to be spirits, and in their fervour as of fire they carry out Thy commands.

Thou hast made the firm earth, which shall not be moved for ever.

In the beginning Thou didst clothe the earth with the sea as a garment, so

virtute, facientes verbum illius : ad audiendam vocem sermonum ejus.

Benedicite Domino, omnes virtutes ministri ejus : qui facitis voluntatem ejus.

Benedicite Domino, omnia opera ejus ; in omni loco dominationis ejus : benedic, anima mea, Domino.

**BENEDIC, anima mea, Domino : Domine Deus meus magnificatus es vehementer.**

Confessionem et decorem induisti, amictus lumine sicut vestimento.

Extendens cœlum sicut pellem, qui tegis aquis superiora ejus.

Qui ponis nubem ascensum tuum : qui ambulas super pennas ventorum.

Qui facis angelos tuos spiritus ; et ministros tuos ignem urentem.

Qui fundasti terram super stabilitatem suam ; non inclinabitur in sæculum sæculi.

Abyssus, sicut vestimentum, amictus

eius : super montes  
stabunt aquæ.

Ab increpatione  
tua fugient : a voce  
tonitru tui formi-  
dabant.

Ascendent mon-  
tes, et descendunt  
campi, in locum,  
quem fundasti eis.

Terminum posui-  
sti, quem non trans-  
gredientur : neque  
convertentur oper-  
ire terram.

Qui emittis fontes  
in convallibus : in-  
ter medium mon-  
tium pertransibunt  
aquæ.

Potabunt omnes  
bestiæ agri : expec-  
tabunt onagri in  
siti sua.

Super ea volucres  
cœli habitabunt :  
de medio petra-  
rum dabunt voces.

Rigans montes de  
superioribus suis ;  
de fructu operum  
tuorum satiabitur  
terra.

Producens fœ-  
num jumentis ; et  
herbam servituti  
hominum.

Ut educas panem  
de terra : et vinum  
læticet cor homini-  
nis.

Ut exhilaret fa-  
ciem in oleo ; et  
panis cor hominis  
confirmet.

that the waters stood above the  
mountains.

But at Thy rebuke the waters fled ;  
at the voice of Thy thunder they were  
in fear.

Then the mountains appeared out of  
the waters, and the lower ground was  
freed from them according to Thy  
design.

Thou didst draw a boundary for the  
waters which they shall not pass, nor  
ever return to cover the earth.

In Thy providence Thou didst send  
forth the springs of water in the  
valleys, and didst command the waters  
to flow in the midst of the hills.

So that all the beasts of the field  
might drink, and the wild beasts  
quench their thirst.

Above them in the sky Thou didst  
make the birds to dwell and sing to  
Thee from the rocks of the mountains.

Thou hast provided water for the  
hills from the heights, so that the  
whole earth might be filled with fruits  
from Thy kind hand.

Grass for the cattle, and herbs for  
the use of man.

That Thou mightest bring bread  
from the earth, and wine to cheer the  
heart of man.

To make the face of man cheerful  
with oil, and strengthen his heart with  
bread.

The trees of the field shall have their use and the cedars of Libanus their glory. There the sparrows shall make their nests.

The heron shall find a home in the topmost branches. The hills shall be a refuge for the deer and the rocks for the conies.

Thou hast made the moon to mark the seasons, and hast taught the sun the time of his setting.

Thou hast appointed darkness for the night, and this shall be the feeding time for the beasts of the woods.

The young lions can come to take their prey, and they, too, shall receive their food from Thy hand.

When the sun rises they shall gather together and lie down in their dens.

Man shall go forth to his work, and to his labour until the evening.

How great and beautiful are all Thy works, O Lord ! Thou hast indeed made all things in wisdom, and the earth is filled with riches from Thy hand.

Saturabuntur ligna campi, et cedri Libani quas plantavit : illic passeres nidificabunt.

Herodii dominus dux est eorum ; montes excelsi cervis : petra refugium herinaciis.

Fecit lunam in tempora : sol cognovit occasum suum.

Posuisti tenebras, et facta est nox ; in ipsa pertransibunt omnes bestiae silvae.

Catuli leonum rugientes, ut rapiant, et querant a Deo escam sibi.

Ortus est sol, et congregati sunt : et in cubilibus suis collocabuntur.

Exhibit homo ad opus suum, et ad operationem suam usque ad vesperum.

Quam magnifica sunt opera tua Domine : omnia in sapientia fecisti : impleta est terra possessione tua.

### **Division of Ps. 103 in Benedictine Breviary.**

**T**HOU, O God, didst make the great sea, stretching wide its arms, wherein are innumerable living things ;

Hoc mare magnum et spatiosum manibus : illic reptilia, quorum non est numerus.

Animalia pusilla  
cum magnis ; illic  
naves pertransi-  
bunt.

Draco iste, quem  
formasti ad illu-  
dendum ei : omnia  
a te expectant, ut  
des illis escam in  
tempore.

Dante te illis  
colligent : aperi-  
ente te manum tuam,  
omnia implebuntur  
bonitate.

Avertente autem  
te faciem, turbab-  
untur ; auferes  
spiritum eorum et  
deficient : et in pul-  
verem suum rever-  
tentur.

Emittes spiritum  
tuum, et creabun-  
tur et renovabis  
faciem terræ.

Sit gloria Domini  
in sæculum :  
lætabitur Dominus  
in operibus suis.

Qui respicit ter-  
ram, et facit eam  
tremere : qui tan-  
git montes, et fu-  
migant.

Cantabo Domino  
in vita mea : psal-  
lam Deo meo,  
quamdiu sum.

Jucundum sit ei  
eloquium meum :  
ego vero delecta-  
bor in Domino.

Living things both great and small ;  
upon its surface shall ships sail.

There, too, are great monsters, but  
the sea is so immense that even they  
can play freely in it. All these crea-  
tures depend on Thee and wait for food  
from Thy hand.

What Thou givest to them they shall  
gather up ; when Thou openest Thy  
bountiful hand they shall be filled with  
all that is good.

But if Thou didst turn away Thy  
face they would be troubled. Thou  
wouldst take away their life, and they  
would fail and quickly return to dust.

Thou didst send forth Thy Spirit,  
and all these things were created.  
Thou didst clothe anew the whole face  
of the earth.

Thy glory, O Lord, shall endure for  
ever, and Thou shalt rejoice in the  
works of Thy hands.

Thou lookest upon the earth and it  
trembles ; Thou touchest the moun-  
tains and they smoke.

I will sing to Thee, O Lord, as long  
as I have life. I will praise Thee, my  
good God, as long as Thou givest me  
being.

May my psalm be pleasing to Thee,  
I will take my delight in Thee alone.

May sinners cease upon the earth,  
and the workers of iniquity as if they  
had not been ; but my soul shall bless  
Thee, my Lord and my God.

**Confitemini Domino. Ps. 104.**

I GIVE thanks to Thee, O Lord, and  
I call upon Thy holy name. I will  
make known Thy wonderful works to  
the nations which know Thee not.

I will praise Thee and sing psalms to  
Thee ; I will tell all Thy wonders.

I will glory in Thy holy name, and  
my heart shall rejoice, seeking to know  
Thee better, my Lord.

My search for Thee and Thy will  
shall strengthen my heart to serve  
Thee more faithfully.

I will recall the wonderful things  
Thou hast done, the infinite graces  
Thou hast given me, and the kind  
judgments of Thy mouth.

Let the seed of Abraham, who  
walked before Thee and was perfect,  
and the seed of Jacob, *i.e.*, those  
chosen by Thee to serve Thee more  
closely, let these listen to the words  
of my psalm.

Thou art the Lord my God, and Thy  
judgments have power over the whole  
earth.

Thou art ever mindful of the eternal  
covenant Thou hast made—the word  
Thou hast fixed for all time.

Deficiant pecca-  
tores a terra, et  
iniqui ita ut non  
sint : benedic, ani-  
ma mea, Domino.

CONFITEMINI Do-  
mino et invocate  
nonien ejus : an-  
nuntiate inter gen-  
tes opera ejus.

Cantate ei, et  
psallite ei : nar-  
rate omnia mira-  
bilia ejus.

Laudamini in no-  
mine sancto ejus :  
lætetur cor quæ-  
rentium Dominum.

Quærите Domi-  
num et confirma-  
mini : quærite fa-  
ciem ejus semper.

Mementote mira-  
biliū ejus, quæ  
fecit ; prodigia  
ejus et judicia oris  
ejus.

Semen Abraham,  
servi ejus : filii  
Jacob, electi ejus.

Ipse Dominus De-  
us noster : in uni-  
versa terra judicia  
ejus.

Memor fuit in  
sæculum testamen-  
ti sui : verbi, quod  
mandavit in mille  
generaciones :

Quod dispositum ad Abraham : et iuramenti sui ad Isaac.

Et statuit illud Jacob in præceptum ; et Israel in testamentum æternum :

Dicens, Tibi dabo terram Chanaan ; funiculum hæreditatis vestræ.

Cum essent numero brevi : paucissimi et incolæ ejus.

Et per transierunt de gente in gentem : et de regno ad populum alterum.

Non reliquit hominem nocere eis : et corripuit pro eis reges.

Nolite tangere christos meos : et in prophetis meis nolite malignari.

Et vocavit famem super terram : et omne firmamentum panis contrivit.

Misit ante eos virum : in servum venundatus est Joseph.

Humiliaverunt in compedibus pedes ejus ; ferrum per-

Thou madest it with Abraham, and didst swear the same to Isaac.

Thou didst repeat it to Jacob, and to his children, for an everlasting testament ;

Saying : “ Unto thee will I give the land of Chanaan to be thine inheritance for ever ” ; by Chanaan signifying that land of delight which Thou hast promised to Thy faithful ones, that they may inhabit it with Thee for ever in heaven.

When the chosen people were but a small tribe, and wandering in that land,

They passed from place to place, from nation to nation, and had no fixed abode ;

Thou didst protect them from harm, and didst sharply rebuke kings for their sake,

Saying : “ Touch not Mine anointed, and molest not the prophets who speak in my Name.”

Thou didst command famine to invest the land, and didst withdraw the support of bread.

But into Egypt Thou didst send a man to prepare for Thy people, and Joseph was sold into slavery.

Him they humiliated by putting his feet in chains till the iron pierced his

very soul, and this till his word came from Thee.

Thy word, O Lord, gave him courage. The king sent and released him, and the prince of the people of Egypt set him free.

He made this slave lord of his house, and ruler of all he possessed.

He gave him such power that he had princes for his scholars, and old men learnt wisdom from him.

transiit animam ejus : donec veniret verbum ejus.

Eloquium Domini inflammavit eum ; misit rex et solvit eum : princeps populorum et dimisit eum.

Constituit eum dominum domus suæ, et principem omnis possessionis suæ.

Ut erudiret principes ejus sicut semetipsum : et senes ejus prudentiam doceret.

#### **Division of Ps. 104 in Benedictine Breviary.**

THEN all Israel came up into Egypt, and the family of Jacob became a sojourner in the land of Cham.

Thou gavest them increase in a wonderful manner, and madest them stronger than their enemies, the Egyptians.

Thou didst allow the hearts of the Egyptians to be filled with hatred of Thy chosen people, and didst let them deal deceitfully with the children of Israel.

Thou didst send Moses Thy servant, and Aaron the man whom Thou hadst chosen.

Thou gavest them power to show the signs Thou didst command, and to work wonders before the people.

ET intravit Israel in Ægyptum : et Jacob accola fuit in terra Cham.

Et auxit populum suum vehementer : et firmavit eum super inimicos ejus.

Convertit cor eorum, ut odirent populum ejus ; et dolum facerent in servos ejus.

Misit Moysen servum suum ; Aaron, quem elegit ipsum.

Posuit in eis verba signorum suorum, et prodigiorum in terra Cham.

Misit tenebras et obscuravit : et non exacerbavit sermones suos.

Convertit aquas eorum in sanguinem : et occidit pisces eorum.

Edidit terra eorum ranas in penetralibus regum ipsorum.

Dixit, et venit cœnomyia ; et cini- fies in omnibus finibus eorum.

Posuit pluvias eorum grandinem : ignem comburen- tem in terra ipsorum.

Et percussit vineas eorum et ficulneas eorum : et contrivit lignum finium eorum.

Dixit, et venit locusta et bruchus ; cuius non erat numerus.

Et comedit omne fœnum in terra eorum : et comedit omnem fructum terræ eorum.

Et percussit omne primogenitum in terra eorum : primicias omnis laboris eorum.

Et eduxit eos cum argento et auro : et non erat in tribibus eorum infirmus.

Thou didst send darkness over the land, and didst not let the rebellion of the people hinder Thy designs.

Thou didst turn the waters of the river into blood, so that all the fish died.

Their land brought forth frogs, even into the inner chambers of the king's palace.

At Thy word came divers sorts of flies, and gnats in all their borders.

And their rain became hail, and a burning fire was in the land.

Their vineyards and fig-trees perished, and all their trees were cast down.

At Thy words the locusts came, and other pests without number.

They ate up all the grass and devoured all the fruit of the land.

Thou didst smite all the first-born, and the first-fruits of their labour.

But Thy people Thou broughtest out with silver and gold, and not a sickly man in all their tribes.

Egypt rejoiced in their going out, and were in great fear of them.

Thou didst spread a cloud over Thy people to protect them, and a pillar of fire Thou didst set up to give light by night.

Thou didst answer their prayer, bringing quails, and didst fill them with bread from heaven.

Thou didst open the rock so that waters flowed out of it, and rivers ran through the desert.

For Thou wast mindful of Thy promise to Abraham.

Thou didst bring forth Thy people with joy, and Thy chosen ones with gladness.

Thou gavest them the lands of the Gentiles, and they grew rich on the labour of the people they conquered.

And all this that Thy servants might observe Thy precepts, and be careful to keep Thy law.

### **Confitemini Domino. Ps. 105.**

I WILL give glory to Thee, O Lord, and confess Thy goodness, for Thy mercy endureth for ever.

Who shall be able to tell of all Thy wondrous works? Who shall set forth all that demands our praise?

Lætata est Ægyptus in profectione eorum : quia incubuit timor eorum super eos.

Expandit nubem in protectionem eorum ; et ignem, ut luceret eis per noctem.

Petierunt et venit coturnix : et pane cœli saturavit eos.

Dirupit petram, et fluxerunt aquæ : abierunt in sicco flumina.

Quoniam memor fuit verbi sancti sui, quod habuit ad Abraham puerum suum.

Et eduxit populum suum in exultatione ; et electos suos in lætitia.

Et dedit illis regiones gentium : et labores populorum possederunt.

Ut custodiant justifications ejus ; et legem ejus requirant.

CONFITEMINI Domino, quoniam bonus : quoniam in sæculum misericordia ejus.

Quis loquetur potentias Domini ; auditas faciet omnes laudes ejus ?

Beati qui custodiunt judicium ; et faciunt justitiam in omni tempore.

Memento nostri Domine in beneplacito populi tui : visita nos in salutari tuo.

Ad videndum in bonitate electorum tuorum ; ad lætandum in lætitia gentis tuae : ut laudemus cum hæreditate tua.

Peccavimus cum patribus nostris : injuste egimus, iniuriam fecimus.

Patres nostri in Ægypto non intellexerunt mirabilia tua : non fuerunt memores multitudinis misericordiae tuae.

Et irritaverunt ascendentibus in mare : mare rubrum.

Et salvavit eos propter nomen suum ; ut notam faceret potentiam suam.

Et increpuit mare rubrum, et exsiccatum est : et deduxit eos in abyssis sicut in deserto.

Et salvavit eos de manu odientium : et redemit eos de manu inimici.

Bless me, O Lord, that I may keep close to justice, and that I may be always upright in my dealings.

Remember me, O my God, because I am of Thy people. Do Thou come to me and bring me safety.

Let me see Thy blessing upon Thy chosen ones, and may I rejoice in the joy of Thy Church that both Thou and Thine inheritance may be praised.

I am no better than those that have gone before me. I also am a sinner in Thy sight, for I have done much wrong in my life.

The Israelites did not understand the wonders Thou didst work in Egypt, and soon forgot Thy many mercies.

They murmured against Thee and provoked Thee when they came to the Red Sea,

Yet Thou didst save them for Thine own name's sake, that Thou mightest manifest Thy power.

Thou didst rebuke the Red Sea and it was dried up, and Thou didst lead them through the depths as through a wilderness.

Thou didst save them from those who hated them, and didst snatch Thy people from the hand of their enemies.

Thou didst drown the Egyptians who afflicted Thy chosen people, and not one of their army was left.

Then Thy people gave their faith to Thee and sang Thy praises, O Lord.

But they soon forgot Thy works, and they did not wait to know Thy designs.

They longed intensely for food in the desert, and put not their trust in Thee but tempted Thee.

And Thou didst grant their request and didst satisfy their desire completely.

Then they enraged Moses in the camp, and Aaron Thy holy one.

And the earth opened and swallowed up Dathan, and covered up the family of Abiron.

A fire was kindled among them, and the flame of it burned up the wicked.

They made a calf in Horeb, and fell down before it as an idol.

They took a calf that eateth grass, and worshipped it instead of Thee, the glorious God.

Et operuit aqua tribulantes eos : unus ex eis non remansit.

Et crediderunt verbis ejus : et laudaverunt laudem ejus.

Cito fecerunt, oblii sunt operum ejus : et non sustinuerunt consilium ejus.

Et concupierunt concupiscentiam in deserto : et tentaverunt Deum in inaquoso.

Et dedit eis petitionem ipsorum : et misit saturitatem in animas eorum.

Et irritaverunt Moysen in castris : Aaron sanctum Domini.

Aperta est terra et deglutivit Dathan ; et operuit super congregacionem Abiron.

Et exarsit ignis in synagoga eorum : flamma combussit peccatores.

Et fecerunt vitulum in Horeb : et adoraverunt scuptile.

Et mutaverunt gloriam suam in similitudinem vituli comedentis foenum.

Obliti sunt Deum, qui salvavit eos ; qui fecit magnalia in Aegypto, mirabilia in terra Cham, terribilia in mari rubro.

Et dixit, ut disperderet eos ; si non Moyses electus ejus stetisset in confractione in conspectu ejus :

Ut averteret iram ejus, ne disperderet eos : et pro nihilo habuerunt terram desiderabilem.

Non crediderunt verbo ejus ; et murmuraverunt in tabernaculis suis : non exaudierunt vocem Domini.

Et elevavit manus suam super eos ; ut prosterret eos in deserto.

Et ut dejiceret semen eorum in nationibus ; et dispergeret eos in regionibus.

Et initiati sunt Beelphégor ; et comedenterunt sacrificia mortuorum.

Et irritaverunt eum in adinventionibus suis : et multiplicata est in eis ruina.

They forgot Thee, their God, who hadst saved them, who hadst done such great things in Egypt, wondrous works in the land of Cham, and such terrible things in the Red Sea.

And Thou didst purpose to destroy them, but Moses, Thy chosen one, stood before Thee in the breach,

To turn away Thy wrath, lest Thou shouldst destroy them, for they despised the land Thou hadst promised them.

They put no faith in Thy word, and again murmured in their tents, and would not listen to Thee.

And Thou didst lift up Thy hand to annihilate them in the desert,

To cast down their children, and to scatter them among the Gentiles.

They also committed the abomination of becoming devotees of Beelphégor, and ate of the sacrifices to the dead.

They thus provoked Thee to anger, and Thou didst vex them with many plagues.

But Phineas appeased Thee, and the plague ceased.

This was a sign of his goodness, and so was he reputed for ever.

**Division of Ps. 105 in Benedictine Breviary.**

**T**HHEY angered Thee also at the waters of contradiction, and Moses was punished because of them, for they provoked his spirit ;

His lips faltered, and he lost the entry into the Promised Land. They did not destroy the nations whom Thou didst command them to root out.

They mixed with the heathens and learned their ways. They served their idols, and it became a stumbling-block to them,

So that they even sacrificed their sons and daughters to devils.

They shed innocent blood, the blood of their sons and daughters, sacrificing it to the idols of Chanaan.

The whole land was rank with blood,

Et stetit Phinees et placavit : et cessavit quassatio.

Et reputatum est ei in justitiam, in generationem e t generationem usque in sempiternum.

Er irritaverunt eum ad aquas contradictionis ; et vexatus est Moy-ses propter eos : quia exacerbaverunt spiritum ejus.

Et distinxit in labiis suis : non disperdiderunt gen-tes, quas dixit Do-minus illis.

Et commixti sunt inter gentes ; et didicerunt opera eorum, et servie-runt sculptilibus eo-rum : et factum est illis in scandalum.

Et immolaverunt filios suos, et filias suas dæmoniis.

Et effuderunt san-ginem innocentem ; sanguinem filiorum suorum et filiarum suarum : quas sacrificave-rint sculptilibus Chanaan.

Et infecta est terra in sanguini-bus ; et contami-nata est in operi-

bus eorum : et  
fornicati sunt in ad-  
inventionibus suis.

Et iratus est fu-  
rore Dominus in  
populum suum : et  
abominatus est hæ-  
reditatem suam.

Et tradidit eos in  
manus gentium : et  
dominati sunt eo-  
rum, qui oderunt  
eos.

Et tribulaverunt  
eos inimici eorum ;  
et humiliati sunt  
sub manibus eo-  
rum : sæpe libera-  
vit eos.

Ipsi autem exa-  
cerbaverunt eum  
in consilio suo : et  
humiliati sunt in  
iniquitatibus suis.

Et vidit, cum tri-  
bularentur : et au-  
divit orationem eo-  
rum.

Et memor fuit  
testamenti sui : et  
pœnituit eum se-  
cundum multitudi-  
nem misericordiaæ  
suæ.

Et dedit eos in  
misericordias in  
conspectu omnium,  
qui ceperant eos.

Salvos nos fac  
Domine Deus nos-  
ter : et congrega  
nos de nationibus.

and defiled with their doings. They  
were faithless in their devices.

Thou, O Lord, wast exceedingly  
angry against Thy people, and Thine  
inheritance became an abomination to  
Thee.

Thou didst give them into the hands  
of the Gentiles, and they that hated  
them had rule over them.

Their enemies afflicted and humili-  
ated them, making slaves of them.

But they held perversely to their  
purpose, and were humbled again for  
their iniquities.

But Thou, O God, didst look upon  
their affliction and didst hear their  
prayer.

Thou wast mindful of Thy covenant,  
and didst relent according to Thine  
abundant mercies.

Thou madest their captors to com-  
passionate them.

Save us, O Lord our God, and gather  
us together from among the nations,

That we may give thanks unto Thy holy name, and may glory to give Thee praise.

Blessed be Thou, O Lord God of Israel, for ever and ever, and let all the people say, "So be it, so be it."

**Confitemini Domino. Ps. 106.**

I GIVE Thee thanks, O Lord, for  
Thou art good and Thy mercy  
endureth for ever.

Let all those whom Thou hast re-deemed give Thee thanks.

From east and west, from north and south, let all thank Thee, O Lord.

Thy people were wandering in the desert where no place of refuge was to be found.

They were hungry and thirsty, for they were not faithful to Thee, and their soul fainted within them.

They cried to Thee in their trouble, and Thou, O Lord, didst deliver them from all their distress.

Thou didst lead them in a direct way to bring them to a city they might dwell in.

Ut confiteamur  
nomini sancto tuo :  
et gloriemur in  
laude tua.

Benedictus Dominus Deus Israel a sæculo et usque in sæculum ; et dicet omnis populus, Fiat fiat.

C O N F I T E M I N I  
Domino, quoniam  
bonus : quoniam in  
sæculum misericor-  
dia ejus.

Dicant, qui redempti sunt a Domino ; quos redemit de manu inimici : et de regionibus congregavit eos  
A solis ortu et occasu : ab Aquiloni et mari.

Erraverunt in solitudine in inaquoso : viam civitatis habitaculi non invenerunt.

Esurientes et siti-  
entes ; anima eorum in ipsis defecit.

Et clamaverunt ad Dominum, cum tribularentur ; et de necessitatibus eorum eripuit eos.

Et deduxit eos in viam rectam ; ut irent in civitatem habitationis.

Confiteantur Domino misericordiae ejus ; et mirabilia ejus filiis hominum.

Quia satiavit animam inanem : et animam esurientem satiavit bonis.

Sedentes in tenebris et umbra mortis : vinctos in mendicitate et ferro.

Quia exacerbaverunt eloquia Dei : et consilium Altissimi irritaverunt.

Et humiliatum est in laboribus cor eorum : infirmati sunt, nec fuit qui adjuvaret.

Et clamaverunt ad Dominum, cum tribularentur, et de necessitatibus eorum liberavit eos.

Et eduxit eos de tenebris et umbra mortis : et vincula eorum disrupti.

Confiteantur Domino misericordiae ejus ; et mirabilia ejus filiis hominum.

Quia contrivit portas æreas : et vectes ferreos confregit.

Suscepit eos de via iniquitatis eo-

Let Thy mercies bring Thee glory, O Lord, and may the consideration of Thy wonderful works bring Thy praises to my lips.

For Thou, my good God, hast satisfied my empty soul, and filled my hungry soul with all good.

There were others who were in darkness and who were threatened daily with death. They were straitened with want and bound with iron chains.

Because they had set their hearts against Thy commands and made void Thy purpose, though Thou art the Most High.

Thou didst humble their proud hearts with many labours. They were depressed, and there was no hope left in them, for there was none to help them.

Then they cried to Thee, O Lord, in their distress, and Thou didst free them from all their troubles.

Thou didst bring them out of the darkness and the shadow of death, and didst break their bonds asunder.

Thy mercies shall give Thee glory— Thy wonderful kindness to the sons of men.

Thou hast broken the brazen gates of their prison, and burst its bars of iron.

Thou hast taken them from their

evil ways, for because of their iniquities they were humbled.

They relished not their food, and were getting near to death.

They cried to Thee, O Lord, in their affliction, and Thou didst again deliver them from their distresses.

Thou didst heal them with the word of Thy mouth, and didst snatch them from destruction.

May Thy mercies give glory to Thee, O Lord, and Thy wonderful works to the children of men.

May they offer Thee the sacrifice of praise, and make known Thy works with joy.

They, too, who go down to the sea in ships, and do business on the great waters,

They have seen Thy works, O Lord, and Thy wonders in the deep.

#### **Division of Ps. 106 in Benedictine Breviary.**

**H**OW at Thy word the storm arose, and the waves rose on high.

How they mount up to heaven and

rum : propter in-  
justicias enim suas  
humiliati sunt.

Omnem e s c a m  
abominata est ani-  
ma eorum : et ap-  
propinquaverunt  
usque ad p o r t a s  
mortis.

E t clamaverunt  
ad Dominum cum  
tribularentur : et  
d e necessitatibus  
eorum liberavit eos.

Misit verbum su-  
um, et sanavit eos :  
et eripuit eos de  
interitionibus eo-  
rum.

Confiteantur Do-  
mino misericordiae  
ejus : et mirabilia  
ejus filiis homi-  
num.

Et sacrificent sa-  
crificium laudis : et  
annuntient opera  
ejus in exultatione.

Qui descendunt  
mare in navibus ;  
facientes operatio-  
nem in aquis mul-  
tis.

Ipsi viderunt op-  
era Domini, et mi-  
rabilia ejus in pro-  
fundo.

DIXIT, et stetit  
spiritus procellæ :  
et exaltati s u n t  
fluctus ejus.

Ascendunt usque  
ad cœlos, et de-

scendunt usque ad abyssos : anima eorum in malis tabescet.

Turbati sunt et moti sunt sicut ebrios : et omnis sapientia eorum devorata est.

Et clamaverunt ad Dominum, cum tribularentur ; et de necessitatibus eorum eduxit eos.

Et statuit procellam ejus in auram : et siluerunt fluctus ejus.

Et laetati sunt, quia siluerunt : et deduxit eos in portum voluntatis eorum.

Confiteantur Domino misericordiae ejus ; et mirabilia ejus filiis hominum.

Et exaltent eum in ecclesia plebis : et in cathedra seniorum laudent eum.

Posuit flumina in desertum ; et exitus aquarum in sitim :

Terram fructiferam in salsuginem : a malitia inhabitantium in ea.

Posuit desertum in stagna aquarum : et terram sine aqua in exitus aquarum.

go down to the depths, and their heart melted away with the fear of disaster.

They were troubled and reeled like drunken men ; their cunning and skill were of no avail.

They cried unto Thee, O Lord, in their affliction, and Thou didst bring them out of their distress.

Thou didst turn the hurricane into a gentle breeze, and the waves were still.

They rejoiced at the stilling of the storm, and went with joy into the harbour they sought.

May Thy mercies give Thee glory, O Lord, and all Thy wonderful works to the sons of men.

Let them rejoice before Thee in the Church of Thy people, and praise Thee with all wisdom.

Thou hast shown Thy power, turning rivers into a wilderness, and the springs of water into dry ground ;

A fertile land into a desert, because of the wickedness of the inhabitants.

And again, Thou hast changed a wilderness into pools of water, and a dry land into springs of water.

There the hungry found a home and a city to dwell in.

They sowed fields and planted vineyards and increased their flocks.

Thy blessing gave them exceeding increase, and there were no losses among the cattle.

Then again, they dwindled into a small tribe, and were sorely afflicted by reason of the evil and sorrow that came upon them.

Their princes were defied and held in contempt, and the people wandered without any guidance.

Thou, Lord, didst assist the poor in spite of their poverty, and gave them families like a flock of sheep.

The just shall see Thy works and rejoice in Thy goodness, and evil, itself, shall close its mouth.

The wise man is he who will take note of all these things, and try to understand and appreciate Thy mercies, O Lord.

*The 107th Psalm is made up of the second part of Ps. 56, verses 8-12, and part of Ps. 59, verses 7-14.*

#### **Deus, laudem meam. Ps. 108.**

**D**O not Thou, my God, be silent in upholding me, for the wicked and the deceitful have opened their mouths against me.

Et collocavit illic esurientes : et constituerunt civitatem habitationis.

Et seminaverunt agros, et planterunt vineas : et fecerunt fructum nativitatis.

Et benedixit eis, et multiplicati sunt nimis : et jumenta eorum non minoravit.

Et pauci facti sunt : et vexati sunt a tribulatione malorum et dolore.

Effusa est contemptio super principes : et errare fecit eos in invio et non in via.

Et adjuvit pauperem de inopia : et posuit sicut oves familias.

Videbunt recti et lætabuntur : et omnis iniquitas oppilabit os suum.

Quis sapiens et custodiet hæc ; et intelliget misericordias Domini ?

**D**EUS, laudem meam ne tacueris ; quia os peccatoris et os dolosi super me apertum est.

Locuti sunt aduersum me lingua dolosa, et sermonibus odii circumderunt me : et expugnaverunt me gratis.

Pro eo, ut me diligenter detrahebant mihi : ego autem orabam.

Et posuerunt aduersum me mala pro bonis : et odium pro dilectione mea.

Constitue super eum peccatorem : et diabolus stet a dextris ejus.

Cum judicatur, exeat condamnatus : et oratio ejus fiat in peccatum.

Fiant dies ejus pauci ; et episcopatum ejus accipiat alter.

Fiant filii ejus orphani : et uxori ejus vidua.

Nutantes transferantur filii ejus et mendicent : et ejiciantur de habitationibus suis.

Scrutetur fœnerator omnem substantiam ejus: et diripiant alieni labores ejus.

Non sit illi adjutor : nec sit qui misereatur pupillis ejus.

They have not spoken the truth against me. They have encompassed me with hatred, and have been in opposition to me whilst I gave them no cause.

Instead of the love they ought to give me they oppose me, and I have come to Thee in prayer.

They have repaid me evil for the good I have done them, and hatred for my love.

Set Thou a sinner over him, and let the devil stand at his right hand to accuse him.

When the sentence is passed upon him let it be a condemnation, and if he ask pardon may it be reputed to him as a greater fault.

Let his life be cut short, and let his office be taken by another.

Let his children be orphans and his wife a widow.

Let his children be vagabonds and beg, and let them have no place they can call their home.

Let the money-lender take all his substance, and strangers seize the fruit of his labour.

Let there be none to help him, and none to take pity on his orphans.

Let his posterity be cut off, and his name be blotted out in one generation.

May the iniquity of his fathers be remembered when he stands before Thee, and let not his mother's sin be forgotten.

May these former iniquities be continually before Thee, but their memory *i.e.*, his father and mother, perish from the earth, for he did not remember to show mercy.

He persecuted the poor man, and the beggar and the broken-hearted he strove to do to death.

He loved cursing ; may it come upon him. He did not use blessing ; may it be far from him.

He put on cursing as a garment, and drank it like water. It entered into him, and as oil it got into his very bones.

Let cursing be to him a cloak in which he wraps himself, and like a girdle he bindeth round him.

Let these things be the retribution of all who stand against Thee, O Lord,

Fiant nati ejus in interitum : in generatione una deleatur nomen ejus.

In memoriam redeat iniquitas patrum ejus in conspectu Domini : et peccatum matris ejus non deleatur.

Fiant contra Dominum semper : et dispereat de terra memoria eorum : pro eo quod non est recordatus facere misericordiam.

Et persecutus est hominem inopem et mendicum : et compunctum corde mortificare.

Et dilexit maledictionem, et veniet ei : et noluit benedictionem, et elongabitur ab eo.

Et induit maledictionem sicut vestimentum : et intravit sicut aqua in interiora ejus : et sicut oleum in ossibus ejus.

Fiat ei sicut vestimentum, quo operitur ; et sicut zona, qua semper praecingitur.

Hoc opus eorum, qui detrahunt mihi apud Dominum ; et qui lo-

quuntur mala ad-  
versus animam me-  
am.

Et tu Domine, Do-  
mine fac mecum  
propter nomen tu-  
um ; quia suavis  
est misericordia tua

Libera me, quia  
egenus et pauper  
ego sum ; et cor  
meum conturba-  
tum est intra me.

Sicut umbra, cum  
declinat, ablatus  
sum : et excussus  
sum sicut locustæ.

Genua mea in-  
firmata sunt a je-  
junio : et caro mea  
immutata est prop-  
ter oleum.

Et ego factus sum  
opprobrium illis :  
viderunt me, et  
moverunt capita  
sua.

Adjuva me Do-  
mine Deus meus :  
salvum me fac se-  
cundum misericor-  
diam tuam.

Et sciant, quia  
manus tua hæc ;  
et tu Domine fe-  
cisti eam.

Maledicent illi,  
et tu benedices ;  
qui insurgunt in  
me, confundantur :  
servus autem tuus  
lætabitur.

Induantur, qui  
detrahunt mihi,  
pudore ; et operi-

and of those who speak evil against  
my soul.

But do Thou, O Lord, act towards  
me with kindness for Thy name's  
sake, because Thy mercy is sweet.

Deliver me for I am needy and poor,  
and my heart is troubled.

I am no better than a shadow when  
it grows long ; and I am so worthless  
that I am shaken off like a locust.

My knees are weakened with fasting,  
and my body has lost its freshness,  
for I had no oil.

I was a reproach to all who saw me.  
They shook their heads at me.

Help me, O Lord my God, and save  
me for Thy mercy's sake.

Let all know that it is Thy hand,  
and that Thou, O Lord, hast done it.

They may curse, but Thou wilt  
bless. Let them that oppose me be  
confounded, but let Thy servant have  
great joy.

Let my opponents be put to shame ;

let them be covered with disgrace as with a mantle.

I will give great thanks to Thee, my Lord, and in the midst of many I will praise Thee.

For Thou hast stood at my right hand, because I am poor, to save my soul from them that persecute me.

**Dixit Dominus. Ps. 109.**

**O**LORD, Thou didst say to my soul, designed by Thee to be the lord over my whole being, " Sit at My right hand," i.e., " Be constant in good."

" And I will make thine enemy (the flesh and the evil one) subject to thee."

Thou, my Lord, wilt help my soul with power from heaven, and Thy grace will enable me to rule in the midst of mine enemies, my rebellious passions.

Thou hast given to my soul the power of ruling the passions; and I see in the lives of the saints that by Thy grace, and with much effort, they overcame themselves. In the beginning when Thou didst create man, Thou didst make his whole nature subject to the will of his soul.

Thus, by Thy design, O Lord, as by an oath my soul became a priest for ever to offer the worship of praise for the whole creature in the silent worship of prayer, as Thou didst choose Melchisedech to offer a clean sacrifice for the whole human race.

antur sicut di-  
ploide confusione  
sua.

Confitebor Domi-  
no nimis in ore  
meo : et in medio  
multorum laudabo  
eum.

Quia astitit a dex-  
tris pauperis ; ut  
salvam faceret a  
persequentibus ani-  
mam meam.

D I X I T Dominus  
Domino m e o :  
S e d e a dextris  
meis :

Donec ponam ini-  
micos tuos, scabel-  
lum pedum tuorum.

Virgam virtutis  
tuæ emittet Do-  
minus ex Sion,  
dominare in medio  
inimicorum tuorum

Tecum principi-  
um in die virtutis  
tuæ, in splendori-  
bus Sanctorum : ex  
utero ante lucifer-  
um genui te.

Juravit Dominus,  
et non poenitebit  
eum : Tu es Sa-  
cerdos in æternum  
secundum ordinem  
Melchisedech.

Dominus a dextris tuis confregit  
in die iræ suæ  
reges.

Judicabit in nationibus, implebit  
ruinas : conquassabit capita in terra  
multorum.

De torrente in via bibet : prop-  
terea exaltabit caput.

Thou, my God, at my right hand,  
hast by Thy grace overcome many  
strong natures and reduced them to  
the obedience of the faith and of the  
religious vows. So also Thou art  
willing to act in me.

Give me then clear sight to judge  
the right, and power to repair the ruin  
caused by sin ; and crush the risings  
of rebellion in my body.

Thou hast given me to drink of the  
torrent which flowed from the wounded  
side of my Lord Thy Son on the Cross,  
For the rock was Christ from whom  
came the living water of the Blessed  
Sacrament. In the strength of Holy  
Communion my soul shall walk erect  
even to the mountain of religious per-  
fection.

### **Confitebor tibi, Domine. Ps. 110.**

CONFITEBOR tibi  
Domine in toto  
corde meo, in consilio  
justorum et  
congregatione.

Magna opera  
Domini ; exquisita  
in omnes voluntates  
ejus.

Confessio et magnificientia opus  
ejus : et justitia

I WILL praise Thee, O Lord, with  
my whole heart, and this more  
especially in choir where I am a poor  
sinner in the midst of many more  
worthy than I.

I will remember Thy goodness and  
mercy to me, my God, for my love and  
worship of Thee is truly Thy work in  
my soul. Thou hast sought out my  
soul and protected it with such loving  
care.

Thy will in my regard is, that I  
should praise and glorify Thy great  
work in the souls of men Thou wishest  
to share with me now, and to allow me

to enjoy with Thee for ever in heaven  
the fruit of Thy own sanctity.

Thy most wonderful work for me,  
for which I will never cease to thank  
Thee, is, that Thou hast called me,  
a poor sinner, to serve Thee. Thou art  
very merciful and gracious, my own  
good God. Thou wilt support me if I  
fear to offend Thee.

Thou wilt not forget Thy promises  
to me however much I may forget.  
Thou wilt show me plainly Thine  
influence in the world and in the souls  
of men, if I completely submit myself  
to Thee and become one of Thy people.

Thou wilt enable me to further Thy  
work among sinners by means of the  
union I shall enjoy with Thee, and by  
my total subjection to Thy will. Help  
me, my God, to grow in Thy truth,  
and in Thy gentle judgment of others.

How faithful Thou hast been to me  
in the past ! O my God, confirm me in  
Thy grace for ever.

I will never cease to thank Thee,  
Lord, for the redemption Thou hast  
granted me, and for Thy promise  
which will be fulfilled in me if I am  
faithful.

I will fear to offend Thee, and be  
careful always in Thy service, for this  
is wisdom.

Grant me a clear understanding,  
such as comes to the faithful doer of  
Thy will ; and may I be allowed to  
praise Thee for ever and ever.

eius manet in sæ-  
culum sæculi.

Memoriam fecit  
mirabilium suo-  
rum : misericors et  
miserator Dominus:  
escam dedit timen-  
tibus se.

Memor erit in  
sæculum testamen-  
ti sui : virtutem  
operum suorum  
annuntiabit populo  
suo.

Ut det illis hære-  
ditatem gentium :  
o p e r a manuum  
eius veritas e t  
judicium.

Fidelia o m n i a  
mandata ejus : con-  
firmata in sæculum  
sæculi : facta in  
veritate et æquita-  
tate.

R e d e m p t i o n e m  
misit populo suo :  
mandavit in æter-  
num testamentum  
suum.

Sanctum et terri-  
bile nomen ejus :  
initium sapientiae  
timor Domini.

Intellexus bonus  
omnibus facienti-  
bus eum : laudatio  
eius manet in sæ-  
culum sæculi.

**Beatus vir. Ps. 111.**

BEATUS vir, qui  
timet Dominum :  
in mandatis ejus  
volet nimis.

Potens in terra  
erit semen ejus :  
generatio rectorum  
benedicetur.

Gloria et divitiae  
in domo ejus : et  
justitia ejus manet  
in sæculum sæculi.

Exortum est in  
tenebris lumen  
rectis : misericors  
et miserator et  
justus.

Jucundus homo,  
qui miseretur et  
commodat ; dispo-  
net sermones suos  
in judicio : quia in  
æternum non com-  
movebitur.

In memoria æter-  
na erit justus : ab  
auditione mala  
non timebit.

Paratum cor ejus  
sperare in Domino ;  
confirmatum est  
cor ejus : non com-  
movebitur, donec  
despiciat inimicos  
suos.

Dispersit, dedit  
pauperibus ; justi-

**O** MY good God, grant that my soul  
may truly and reverently fear  
Thee. Let me speedily learn to be  
happy in Thy service.

May the prayers I offer to Thee bear  
fruit at once, and may my work be  
blessed by Thee.

If I am faithful, glory in Thy sight  
shall be mine, and the riches which are  
found only in Thy house, and in the  
soul where Thou dwellest. O may Thy  
justice be found in me for ever.

I walk in a new light, for I now see  
how merciful and compassionate Thou  
art to allow me to work for Thee, and  
how just Thou art in Thine apprecia-  
tion of what I am able to do for Thee.

Grant, O my Lord, that I may begin  
steadily to imitate Thee in Thy merci-  
ful ways, and to use for others the  
treasures I have obtained from Thee.  
With Thy help I will begin to judge  
kindly, and therefore more justly than  
hitherto ; thus my words will be of  
more value, and more lasting in their  
effect.

I will disregard any evil that comes  
to my hearing, for my heart will live  
always in the hope that Thy grace will  
prevail.

My heart is ready, O Lord, to put my  
trust in Thee. My affection is firmly  
fixed in Thee. I shall not be turned  
aside till all my trial has passed away.

I will willingly distribute my riches  
to those who are poorer than myself

that my perfection may become solid and lasting, and in Thine own good time my store of merit may be taken up to heaven.

The wicked man who does not fear Thee, my God, and who thinks only of himself, shall recognise the failure of his life. He shall be angry and become of no account before Thee, for his desires, not being fixed on Thee, can have no permanence, but will perish both here and in the next life.

**Laudate Pueri. Ps. 112.**

**I** WILL praise Thee, O Lord, for I am Thy child. Praised be Thy holy Name for ever.

I will praise Thee, my Father, and glorify Thy holy Name. My praise shall be everlasting, begun now, but continued for all eternity.

All the day through I will be ready to sing Thy praises, for Thou art worthy of all praise.

I will glorify Thee, my Lord, for Thou art more to me than all the nations of the world; and more than all the beauty of the stars.

There is none like unto Thee, my Lord God, who dwellest on high. Make me humble of heart, for Thou regardest the lowly in heaven and on earth.

Thou wilt raise me from the earth and all its affections if I but trust in Thee, and Thou wilt cleanse me from all my sins, however defiling they have been.

tia ejus manet in  
sæculum sæculi :  
cornu ejus exal-  
tabitur in gloria.

Peccator videbit  
et irascetur ; den-  
tibus suis fremet  
et tabescet : de-  
siderium peccato-  
rum peribit.

LAUDATE, pueri,  
Dominum : laudate  
nomen Domini.

Sit nomen Do-  
mini benedictum ;  
ex hoc nunc, et  
usque in sæculum.

A solis ortu usque  
ad occasum, lauda-  
bile nomen Domini.

Excelsus super  
omnes gentes Do-  
minus ; et super  
cœlos gloria ejus.

Quis sicut Do-  
minus Deus nos-  
ter, qui in altis  
habitat, et humilia  
respicit in cœlo et  
in terra ?

Suscitans a terra  
inopem : et de ster-  
core erigens pau-  
perem :

Ut collocet eum  
cum principibus,  
cum principibus  
populi sui.

Qui habitare facit  
sterilem in domo,  
matrem filiorum  
lætantem.

IN exitu Israel de  
Ægypto : d o m u s  
Jacob de populo  
barbaro.

Facta est Judæa  
sanctificatio ejus :  
Israel potestas ejus.

Mare vidit et fu-  
git : Jordanis con-  
versus est retror-  
sum.

Montes exultave-  
runt ut arietes ; et  
colles, sicut agn i-  
ovium.

Quid est tibi ma-  
re, quod fugisti ?  
et tu Jordanis,  
quia conversus es  
retrorsum ?

Montes exultastis  
sicut arietes ; et  
colles, sicut agni  
ovium.

A facie Domini  
mota est terra : a  
facie Dei Jacob.

Qui convertit pe-  
tram in stagna

O make me worthy to stand with  
Thy princes *i.e.*, Thy saints, and allow  
me to join with them in praising Thee  
here and hereafter in the heaven of  
Thy glory.

Let me be no longer barren in Thy  
service, my good God, but make me  
to live peacefully in Thy house that I  
may become fruitful in good works  
done cheerfully for Thee.

### In exitu Israel. Ps. 113.

WHEN Israel came out of Egypt,  
the house of Jacob from among  
a strange people,

By Thy kindness, O Lord, Thy  
chosen people became Thy sanctuary,  
and Israel, by the deliverance Thou  
hadst given them, became Thy pos-  
session.

The sea acknowledged Thy power,  
and fled before Thee, and the river  
Jordan ceased to flow.

The mountains were shaken as if  
they skipped like rams, and the little  
hills like the lambs of the flock.

What was it, thou sea, that made  
thee fly before them, and thou Jordan,  
that thou didst cease to flow ?

The mountains were shaken as if  
they skipped like rams, and the little  
hills like the lambs of the flock.

It was at Thy presence, O Lord, the  
earth was moved ; at Thy presence,  
O Thou God of Jacob.

For Thou didst turn the rock into a

pool of water, and the hills of stone  
into a flowing stream.

Not unto us, O Lord, not unto us,  
but to Thy holy Name be all praise  
and glory given.

Let glory be given to Thee for Thy  
mercy to me, and because of Thy faith-  
fulness in Thy dealings with men. If  
glory is not given to Thee, those who  
know Thee not will say to us, "Where  
is your God?"

I know that Thou art in heaven, and  
that Thou hast most careful providence  
of me, and that Thou dost according  
to Thy holy will.

The idols of earth are at best but  
silver and gold, and the work of the  
hands of men.

They have mouths, and speak not ;  
eyes, and see not.

They have ears, and hear not ;  
noses, and they smell not.

They have hands, and they feel not ;  
they have feet, and walk not ; they  
can make no sound through their  
throat.

May they who make them become  
like to them, and all who put any trust  
in them.

The house of Israel has hoped in  
Thee, O Lord ; Thou art their helper  
and protector.

aquarum, et ru-  
pem in fontes  
aquarum.

Non nobis Do-  
mine, non nobis ;  
sed nomini tuo da  
gloriam.

Super misericor-  
dia tua et veritate  
tua : nequando di-  
cant gentes, Ubi est  
Deus eorum ?

Deus autem no-  
ster in cœlo : om-  
nia quæcumque  
voluit, fecit.

Simulacra genti-  
um argentum et au-  
rum : opera manu-  
um hominum.

Os habent et non  
loquentur ; oculos  
habent et non vide-  
bunt.

Aures habent, et  
non audient : nares  
habent, et non odo-  
rabunt.

Manus habent, et  
non palpabunt ; pe-  
des habent et non  
ambulabunt : non  
clamabunt in gut-  
ture suo.

Similes illis fiant,  
qui faciunt ea : et  
omnes, qui confi-  
dunt in eis.

Domus Israël  
speravit in Domi-  
no : adjutor eorum  
et protector eorum  
est.

Domus Aaron  
speravit in Domino : adjutor eorum  
et protector eorum  
est.

Qui timent Dominum, speraverunt in Domino :  
adjutor eorum et  
protector eorum  
est.

Dominus memor  
fuit nostri : et  
benedixit nobis.

Benedixit domui  
Israel, benedixit  
domui Aaron.

Benedixit omnibus,  
qui timent Dominum :  
pusillis cum majoribus.

Adjiciat Dominus  
super vos : super  
vos et super filios  
vestros.

Benedicti vos a  
Domino, qui fecit  
cœlum et terram.

Cœlum cœli Domino : terram autem dedit filiis  
hominum.

Non mortui laudabunt te Domine ; neque omnes,  
qui descendunt in  
infernum.

Sed nos, qui vivimus, benedicimus  
Domino : ex hoc nunc et usque in  
sæculum.

The house of Aaron has hoped in  
Thee, O Lord ; Thou art their helper  
and protector.

They who fear Thee have hoped in  
Thee ; Thou art their helper and  
protector.

Thou, my Lord, hast been mindful  
of me and hast blessed me.

Thou hast blessed the house of  
Israel and the house of Aaron.

Thou hast blessed all that fear Thee,  
whether small or great.

O add still more blessings to all who  
fear Thee, and continue Thy blessings  
from generation to generation.

May all be blessed by Thee, O Lord,  
who made both heaven and earth,  
and canst give blessings for time and  
eternity.

The highest heaven is Thine, but the  
earth Thou hast given to the children  
of men.

Keep me in the life of grace, for they  
who are dead in sin cannot praise  
Thee ; nor shall they who go down  
into hell give glory to Thee.

But by Thy grace I will bless Thee.  
O Lord, from this time forth and for  
evermore.

## Dilexi. Ps. 114.

I HAVE loved Thee, O Lord, for  
when I turned to Thee in prayer  
Thou didst hear me.

Thou hast so graciously bent down  
Thine ear to listen to me and give me  
confidence, I will continue to call upon  
Thee all my life.

When I have been in deep sorrow  
because of grievous temptation that  
came upon me, which seemed to  
threaten me with the death of my  
soul; and when I have been so  
desolate that hell itself seemed open  
before me,

I was in great trouble and sorrow.  
Then I called upon Thee, my Lord,  
and I said to Thee—

“O my Lord, do Thou deliver my  
soul.” Thou art merciful and just.  
Thou, my good God, wilt not be too  
exacting. Thou art divine in Thy mercy.

Thou art the guardian and protector  
of little ones. Truly I am a little one,  
for I have been humbled to the dust,  
and Thou didst deliver me.

My soul shall turn to Thee, my only  
rest. In Thy exceeding bounty it  
shall find its one repose.

Thou hast delivered my soul from  
death now that the temptation has  
passed away. Thou hast saved me  
from bitter tears, and kept my feet  
from falling into sin.

I will walk joyfully in Thy presence,  
O Lord, in the land of the living, *i.e.*,  
in a vigorous and devout religious life.

DILEXI, quoniam  
exaudiens Dominus  
vocem orationis  
meæ :

Quia inclinavit  
aurem suam mihi :  
et in diebus meis  
invocabo.

Circumdederunt  
me dolores mortis :  
et pericula inferni  
invenerunt me.

Tribulationem et  
dolorem inveni : et  
nomen Domini in-  
vocabi.

O Domine libera  
animam meam ;  
misericors Dominus  
et justus : et Deus  
noster miseretur.

Custodiens parvulos  
Dominus : humiliatus sum, et li-  
beravit me.

Converte anima  
mea in requiem tu-  
am ; quia Dominus  
beneficit tibi.

Quia eripuit ani-  
mam meam de  
morte ; oculos meos  
a lacrymis : pedes  
meos a lapsu.

Placebo Domino  
in regione vivorum.

**Credidi. Ps. 115.**

**CREDIDI**, propter  
quod locutus sum :  
ego autem humili-  
atus sum nimis.

Ego dixi in ex-  
cessu meo : Omnis  
homo mendax.

Quid retribuam  
Domino pro omni-  
bus, quæ retri-  
but mihi ?

Calicem salutaris  
accipiam : et no-  
men Domini in-  
vocabo.

Vota mea Domino  
reddam coram omni  
populo ejus : pre-  
tiosa in conspectu  
Domini mors sancto-  
rum ejus.

O Domine quia  
ego servus tuus :  
ego servus tuus,  
et filius ancillæ tuæ

Dirupisti vincula  
mea : tibi sacrifi-  
cabo hostiam lau-  
dis : et nomen Do-  
mini invocabo.

Vota mea Domino  
reddam in conspec-  
tu omnis populi e-  
jus : in atriis domus  
Domini, in me-  
dio tui Jerusalem.

**G**RANT, O Lord, that, strong in  
my faith, I may be bold also  
in my defence of it, and yet ever keep  
the humility which Thou lovest.

I have at times made exaggerated  
and hard judgments of my neighbour,  
forgetting Thy wonderful forbearance  
with me.

O what shall I render unto Thee, my  
good God, for all Thou hast done for  
me ?

I will take the chalice Thy Son offers  
me. I will unite myself with His  
sacrifice to Thee, and I will beseech  
Thy mercy in His holy name.

I will offer Thee, O Lord, the vows  
Thou hast allowed me to take, and by  
Thy grace I will keep them most  
strictly, so that, united with Thy  
saints, my death may be precious in  
Thy sight.

For I wish to be Thy servant, Thy  
faithful servant and the child of Thy  
handmaid, the Mother of Thy Son.

Thou, my God, hast released me  
many times from my sins, and with  
Thy help I am firmly resolved not to  
return to them. I will offer Thee the  
sacrifice of praise, and ever call upon  
Thy holy name.

Thus shall I keep my vows before  
Thee and before the whole world in the  
courts of Thy house, O Lord, *i.e.*, in  
the home of my religious life and in the  
inner sanctuary of Thy Church.

**Laudate Dominum. Ps. 116.**

**I** WILL praise Thee, O Lord, in union with all Thy friends of all nations and of all ages.

I will praise Thee for Thine infinite mercy in allowing me to join those who love and serve Thee. For Thou hast taken me without any merit of mine, and put me in a place of safety amongst Thy chosen ones. I will rely always on Thy truth by which Thou hast promised to be faithful to me as long as I am faithful to Thee. Have mercy on me, O God, and give me grace to be true to Thee.

**Confitemini Domino. Ps. 117.**

**M**Y principal work in choir is to praise Thee, my God, for all Thy goodness, and especially for Thy great and constant mercy to me.

I will with Israel Thy chosen people perform this duty for Thee loyally and generously during my life.

I will also join with Thy priests who offer daily the sacrifice of praise, and with them I will invoke Thy mercy.

In all reverence I will do my work in choir. Thou, my God, art very merciful, but Thou wilt not give me all that Thou art ready to bestow unless I am reverent in Thy service.

The sadness through which I have passed, because of my sins, shall always remind me that I owe all my joy to Thee, my God. Thou hast indeed

LAUDATE Dominum, omnes gentes : laudate eum, omnes populi :

Quoniam confirmata est super nos misericordia ejus : et veritas Domini manet in æternum.

CONFITEMINI  
Domino, quoniam  
bonus : quoniam  
in sæculum misericordia ejus.

Dicat nunc Is-  
rael, quoniam bo-  
nus : quoniam in  
sæculum misericor-  
dia ejus.

Dicat nunc do-  
mus Aaron : quo-  
niā in sæculum  
misericordia ejus.

Dicant nunc qui  
timent Dominum :  
quoniam in sæcu-  
lum misericordia  
ejus.

De tribulatione  
invocavi Domi-  
num : et exaudiuit

me in latitudine  
Dominus.

Dominus mihi  
adjutor : non timebo,  
quid faciat mihi  
homo.

Dominus mihi  
adjutor : et ego  
despiciam inimicos  
meos.

Bonum est con-  
fidere in Domino,  
quam confidere in  
homine.

Bonum est sper-  
are in Domino,  
quam sperare in  
principibus.

Omnis gentes cir-  
cuierunt me : et in  
nomine Domini, quia  
ultus sum in eos.

Circumdantes cir-  
cumdederunt me :  
et in nomine Do-  
mini, quia ultus  
sum in eos.

Circumdederunt  
me sicut apes ; et  
exarserunt sicut ignis  
in spinis : et

heard me and blessed me beyond all  
my deserts. Thou hast placed me in  
the free air of religious life where I may  
draw my breath without fear.

Thou art my helpmate, the com-  
panion of my life, and I will trust  
Thee. Why should I fear what man  
can do against me ?

Thou, Lord, art my helpmate ; on  
Thee will I rely, and keep myself in  
peace though all the host of evil  
spirits should rise up against me to  
disturb me. What can they do whilst  
Thou art with me ?

I will be careful not to put my trust  
in anyone but Thee, my Lord. I can-  
not rely on myself, but I will throw  
myself with confidence on Thee and  
not on man.

I will not let my hope rest on anyone  
save only Thee, my God. No matter  
how holy, another may seem to me,  
all that is of worth in his sanctity  
is from Thee, and I shall be safer if  
I put my trust in Thee.

Whatsoever troubles come upon me  
I will trust in Thee, O my God. Thou  
wilt surely see that I am not overcome.

Even if temptation shall give me no  
rest, I will turn in trust to Thee, O  
God. Thou wilt not allow me to be  
tempted beyond the strength which  
humble reliance on Thy grace will  
bring to me.

If evil thoughts swarm about me  
like bees, and if they should torment  
me till I am all on fire, I beg of Thee,

Lord, not to allow me to turn to any solace but to Thee ; Thou wilt deliver me and console me if I only trust Thee.

Even though I be on the point of falling, do Thou still support me.

Thou only, O Lord, art my strength, and Thou hast already purchased my safety. Let me not by my own fault lose all that Thou hast bought for me at so great a price.

For Thou hast wrought the salvation of the whole world, but those only who work justice shall profit fully by Thy goodness. Grant me to dwell in the tabernacles of those who love the perfection which Thou justly demandest from all the souls Thou hast made.

Take me in Thy right hand, O my God, and raise my soul to Thee.

In Thy strength I shall be saved from death, and my soul living with Thy life shall praise Thee, and show to others the goodness Thou hast shown to me.

I have felt Thy anger in the past when Thou didst allow me to sink into sadness ; but Thou wast merciful and didst not let me die wholly to Thee.

Open for me, O Lord, the gate of Thy justice, and lead me to the path of perfection, that with Thy just ones I may advance according to Thy will.

I will not fail, O Lord, to give all the glory to Thee, for without Thee I am able to do nothing.

I will give all thanks to Thee, for

in nomine Domini,  
quia ultus sum in  
eos.

Impulsus eversus  
sum, ut caderem :  
et Dominus suscep-  
pit me.

Fortitudo mea et  
laus mea Dominus :  
et factus est mihi  
in salutem.

Vox exultationis  
et salutis in taber-  
naculis justorum.

Dextera Domini  
fecit virtutem ; dex-  
tera Domini exalta-  
vit me : dextera  
Domini fecit vir-  
tutem.

Non moriar, sed  
vivam : et narrabo  
opera Domini.

Castigans castiga-  
vit me Dominus :  
et morti non tradi-  
dit me.

Aperite mihi por-  
tas justitiae ; ing-  
ressus in eas con-  
fitebor Domino :

hæc porta Domini,  
justi intrabunt in  
eam.

Confitebor tibi,  
quoniam exaudisti

me : et factus es  
mihi in salutem.

Lapidem, quem reprobaverunt ædificantes : hic factus est in caput anguli.

A Domino fac-tum est istud : et est mirabile in oculis nostris.

Hæc est dies,  
quam fecit Do-minus : exultemus  
et lætemur in ea.

O Domine sal-vum me fac : O  
Domine bene pro-sperare : benedic-tus, qui venit in  
nomine Domini.

Benediximus vo-bis de domo Do-mini : Deus Domi-nus, et illu-xit nobis.

Constituite diem solem-nem in con-densis, usque ad cornu altaris.

Deus meus es tu,  
et confitebor tibi :  
Deus meus es tu,  
et exaltabo te.

Thou hast heard my cry, and hast become my salvation.

Thy Beloved Son was ever rejected by men during His life upon earth, but in Thy power He triumphed over all His enemies on the Cross, and according to Thy will founded Thy kingdom on earth.

It was in carrying out Thy will that He overcame death, and I will rejoice in His glorious triumph, and in all my trouble I will fly to Him and trust in Him. I will keep before my eyes the example of Thy Son who came in Thy name to teach me all virtue.

Each day of my life is given to me by Thee, that I may glorify Thee and joyfully occupy myself in Thy service.

Be kind to me, O Lord, and allow me to please Thee, for my only riches are Thy mercies and kindness to me. All my praises shall be directed to Thee, O Lord Jesus, who didst come in the name of Thy Father.

I will keep near Thy altar and cele-brate the feast of praise every day of my life. Thou, our Lord, hast shed light upon our lives ; the divine light of Thy own life. Thou art the true light who enlightenest every man who cometh into the world.

I will try to keep with joy the solemn feasts of the Church, and forget not to prepare the temple of my heart for Thy coming to me in Holy Communion.

Thou alone art my God, and for all Thy goodness and Thy kind personal care of me I will praise Thee.

I will praise Thee because Thou hast heard me when I cried to Thee, and Thou hast brought me into a place of safety.

I will ever remember Thy goodness and Thy everlasting mercy to me, for of myself I am worthless ; on Thy mercy alone can I rely.

Confitebor tibi,  
quoniam exaudisti  
me : et factus es  
mihi in salutem.

Confitemini Do-  
mino, quoniam bo-  
nus : quoniam in  
sæculum misericor-  
dia ejus.

### **Beati immaculati. Ps. 118.**

*The whole of the 118th Psalm is in praise of the simple, direct life of the religious who is devoted to the praises of God, and who is subjected to rule in order to become blameless before God.*

**G**RANT, O Lord, that I may be undefiled in my way through life, seeking to walk according to Thy will as marked out for me by my holy rule, for I know this is Thy law for me.

Give me the blessing to become strong and perfect by following the model set up in Thy testimonies, the life of my Lord revealed to me in the Gospel and in prayer. Thus shall I seek Thee with my whole heart.

I will, with Thy help, do my utmost to avoid sin, because that alone can take me out of Thy ways.

I will keep Thy commands to my soul with all diligence.

O Lord, direct my ways, and allow me to follow the perfection to which Thou hast called me.

Then in Thy strength I shall not be

B E A T I immacu-  
lati in via : qui  
ambulant in lege  
Domini.

Beati, qui scruta-  
tantur testimonia  
ejus : in toto cor-  
de exquirunt eum.

Non enim, qui  
operantur iniiqui-  
tatem, in viis ejus  
ambulaverunt.

Tu mandasti  
mandata tua cus-  
todiri nimis.

Utinam dirigan-  
tur viæ meæ ad  
custodiendas justi-  
ficationes tuas.

Tunc non con-  
fundar : cum per-

spexero in omnibus mandatis tuis.

Confitebor tibi in directione cordis, in eo quod didici iudicia justitiae tuæ.

Justificationes tuas custodiam : non me derelinquas usquequaque.

In quo corrigit adolescentior viam suam ? in custodiendo sermones tuos.

In toto corde meo exquisivi te : ne repellas me a mandatis tuis.

In corde meo abscondi eloquia tua ; ut non peccem tibi.

Benedictus es Domine : doce me justificationes tuas.

In labiis meis pronuntiavi omnia iudicia oris tui.

In via testimoniorum tuorum delectatus sum sicut in omnibus divitiis.

In mandatis tuis exercebor : et considerabo vias tuas.

confounded when I look into the very highest counsels of perfection.

My praise of Thee shall be in the uprightness and sincerity of my heart, with which I offer myself to learn the precepts of perfection, and carry them out in my life.

I will strive to keep Thy commands, and I will pray to Thee at all times that Thou wilt never forsake me.

### **Division of Ps. 118 in Benedictine Breviary.**

**O** MY God, help me to correct my past life by contemplating Thy words to me in prayer, and grant me the grace to make them effective in my life.

Help me to seek Thee with my whole heart, lest Thou leave me to myself because of my negligence, and cease to have care of me.

I will hide Thy words deep in my heart that I may never sin against Thee, my good God.

Blessed art Thou, O Lord ; O, teach me more and more to know Thy holy will in my regard.

I thank Thee for allowing me to spend my life in singing Thy praise in the Divine Office.

And that I may fully profit by that work give me a delight in the psalms, and in the contemplation of Thy life upon earth, O Lord.

I will be earnest in keeping Thy commands, and I will strive to learn Thy ways with loving care.

O Lord, my God, never let me leave Thee or forget Thy words to me calling me to Thy service.

**Division of Ps. 118 in Benedictine Breviary.**

MY true life comes from Thee, my God, and I beseech Thee to give me a full life that I may keep all Thy commands.

Open my eyes that I may look upon the wonders of Thy love in the law Thou hast given to me.

I am only a wayfarer here. Do not let me go through life without the guidance of Thy commands.

Grant me the grace to long to know and to keep the perfect path at all times.

Thou hast rebuked the proud and wilful who do not keep Thy law, and Thou hast stricken them with Thy curse.

O deal not so with me, my Lord. Let me not be ashamed to search diligently into the life of Thy Son for the guiding principles of my life.

Even when the great ones of the earth persecute Thy followers, let me strive to know more perfectly Thy will and to do it.

Give me time and inclination to ponder on the example of Thy Son, and take my counsel from His life which was lived for me.

In justificationibus tuis meditabor : non obliviscar sermones tuos.

RETRIBUE servo tuo, vivifica me : et custodiam sermones tuos.

Revela oculos meos : et considerabo mirabilia de lege tua.

Incola ego sum in terra : non abscondas a me mandata tua.

Concupivit anima mea desiderare justifications tuas, in omni tempore.

Increpasti superbos : maledicti, qui declinant a mandatis tuis.

Aufer a me opprobrium et contemptum ; quia testimonia tua exquisivi.

Etenim sederunt principes, et adversum me loquebantur : servus autem tuus exercebatur in justificationibus tuis.

Nam et testimonia tua meditatione mea est : et consilium meum justificationes tuæ.

**Division of Ps. 118 in Benedictine Breviary.**

ADHAESIT pavimento anima mea : vivifica me secundum verbum tuum.

Vias meas enuntiavi et exaudisti me : doce me justificationes tuas.

Viam justificationum tuarum instrue me : et exercebor in mirabilibus tuis.

Dormitavit anima mea præ tædio : confirma me in verbis tuis.

Viam iniquitatis amove a me : et de lege tua miserere mei.

Viam veritatis elegi : judicia tua non sum oblitus.

Adhæsi testimonialis tuis Domine : noli me confundere.

Viam mandatorum tuorum curri ; cum dilatasti cor meum.

LEGEM pone mihi Domine viam justificationum tua -

**W**HEN I am down-hearted I will look to Thee, my God, to quicken me according to Thy promise.

I will be open with Thee, my God, as a child with his father. Do Thou hear me and teach me Thy will in my regard.

Let me thoroughly know the way Thou wishest me to walk before Thee and be perfect. Fill my heart with confidence in Thee, because of Thy wonderful kindness to my soul.

When I slumber for a time through weariness, let Thine angels whisper words of comfort to me.

Remove far from me occasions of sin, and be kind to me, not asking me more than I have strength to give Thee.

I have chosen the way of truth, and I beg Thee to let me not forget what Thy truth demands from me.

My desire is to keep close to the way of virtue Thy Son has taught me in His life. Do not Thou, my God, withdraw from me Thy kind help, and so put me to shame.

In Thine own good time give me the grace to run cheerfully in the way pointed out by Thy will. Enlarge my heart that I may see good in all, and sympathise with all in trouble.

**Division of Ps. 118 in Benedictine Breviary.**

**T**HOU, O Lord, hast put me under another law, the law of my profession, that I may follow the way of

perfection instituted by Thee. I will search into it diligently all my life, and strive to follow Thy will.

Give light to my mind, for it is only with Thy light that I can find the meaning and the depth of Thy law. Give strength to my will that I may keep Thy law, not externally only, but with full fervour of heart.

Lead me gently, O Lord, along the narrow path of Thy will, because I have desired with my whole heart to follow Thee.

Draw my heart to the love of Thy Son's life which is the living testimony of Thy will, and let it not be distracted by any worldly care.

Do Thou also give me a power over my eyes that they rest not on anything that may take me away from Thee. Give me vigorous life that I may be always intent on Thy way.

O my God, make Thy servant constant in the study of Thy word, with the constancy that comes from Thy reverent and faithful service.

Take away from me all that can hinder me from serving Thee faithfully, for without Thine aid I stand in fear of falling. Give me grace not to lose sight of the counsels of perfection which will be the true delight of my soul.

For by Thy grace, O Lord, I have longed for Thy guidance. In Thine infinite justice do Thou give me life.

rum ; et exquiram eam semper.

Da mihi intellectum, et scrutabor legem tuam ; et custodiam illam in toto corde meo.

Deduc me in semitam mandatorum tuorum ; quia ipsam volui.

Inclina cor meum in testimonia tua ; et non in avaritiam.

Averte oculos meos, ne videant vanitatem : in via tua vivifica me.

Statue servo tuo eloquium tuum in timore tuo.

Amputa opprobrium meum, quod suspicatus sum ; quia judicia tua jucunda.

Ecce concupivi mandata tua : in æquitate tua vivifica me.

## Division of Ps. 118 in Benedictine Breviary.

Et veniat super me misericordia tua  
Domine, salutare tuum secundum eloquium tuum.

Et respondebo exprobrantibus mihi verbum; quia speravi in sermonibus tuis.

Et ne auferas de ore meo verbum veritatis usquequamque: quia in iudiciis tuis supersperavi.

Et custodiam le gem tuam semper; in saeculum et in saeculum saeculi.

Et ambulabam in latitudine; quia mandata tua exquisivi.

Et loquebar de testimoniis tuis in conspectu regum; et non confundebar.

Et meditabar in mandatis tuis, quae dilexi.

Et levavi manus meas ad mandata tua, quae, dilexi: et exercebar in justificationibus tuis.

I BEG Thy mercy, O Lord, for without Thee I can do nothing. Send me Thy grace purchased for me by Thy Son, my Lord Jesus Christ.

Thus shall I be able to answer all the reproaches of men who say that the life I lead is unnatural, for I have Thy word to rely on.

O God of truth, take not from me Thy support, for I have put all my trust in Thy words.

Thus only shall I be able to keep Thy law, the law of life Thou hast given me for ever and ever.

Because of my trust in Thee I shall walk freely after Thee, for I shall search confidently into Thy will.

And if it is Thy will I shall be able to speak of Thy testimony before the great ones of the earth, and shall put off all shame in their presence.

The thought that I am doing Thy will shall be my comfort, Thy will which is my delight.

I will lift up my hands to Thee, my good God, and take my delight in serving Thee. By the help of Thy grace I shall grow strong in the perfection to which Thou hast invited me.

**Division of Ps. 118 in Benedictine Breviary.**

**T**HOU, O Lord, hast given me a strong hope. O fulfil this hope in me, Thy servant, being mindful of Thy promises.

In my deepest humiliations, when I seemed nearly dead in Thy service, my hope in Thee has been my consolation, and new life has come to me.

The proud who trust not in Thee, my God, have acted sinfully, but in Thy great mercy Thou hast kept me to Thy law.

I have been mindful of Thy gentle dealings of old, and they have raised hope in me and comforted me.

I am very sad, O Lord, when I see sinners transgressing Thy holy law.

I rejoice that Thou hast given me a law and thus shown an interest in my life upon earth. O give me grace to keep Thy commands.

I have, according to Thy will, O Lord, praised Thy holy name in the night, and the graces Thou hast given me have enabled me to keep Thy law.

How kind Thou hast been to urge me to seek carefully after perfection in the religious life !

MEMOR esto verbi  
tui servo tuo, in  
quo mihi spem  
dedisti.

Hæc me consola-  
ta est in humili-  
tate mea ; quia  
eloquium tuum vi-  
fificavit me.

Superbi inique  
agebant usquequa-  
que : a lege autem  
tua non declinavi.

Memor fui judi-  
ciorum tuorum a  
sæculo Domine ;  
et consolatus sum.

Defectio tenuit me  
pro peccatoribus  
dereliquentibus le-  
gem tuam.

Cantabiles m i h i  
erant justifications  
tuæ in loco pere-  
grinationis meæ.

Memor fui nocte  
nominis tui Do-  
mine : et custodivi  
legem tuam.

Hæc facta est  
mihi ; quia justifi-  
cationes tuas ex-  
quisivi.

**Division of Ps. 118 in Benedictine Breviary.**

**T**HOU art my portion, O Lord, the part of mine inheritance, and for this I have promised to serve Thee faithfully.

PORTIO mea Do-  
mine, dixi, custo-  
dire legem tuam.

Deprecatus sum faciem tuam in toto corde meo : miserere mei secundum eloquium tuum.

Cogitavi vias meas ; et converti pedes meos in testimonia tua.

Paratus sum et non sum turbatus ; ut custodiam mandata tua.

Funes peccatorum circumplexi sunt me : et legem tuam non sum oblitus.

Media nocte surgebam ad confitendum tibi, super judicia justificatiōnis tuae.

Particeps ego sum omnium timentium te, et custodientium mandata tua.

Misericordia tua Domine plena est terra : justificatiōnes tuas doce me.

BONITATEM fecisti cum servo tuo Domine, secundum verbum tuum.

Bonitatem et disciplinam et scientiam doce me ;

I have set my heart on finding what is Thy holy will, as a child seeks for guidance from the face of its father. Be Thou merciful to me when I fail.

Dear Lord, I cannot guide myself. O give me grace to read aright Thy life and teaching, and to turn my steps into the path pointed out for me by Thine example.

Make me ever ready without disturbance to do Thy holy will.

The example of sinners is round about me, but I will strengthen my will by the thought of Thy law.

I will keep steadily to the discipline of the religious life that I may give Thee proof of my earnest desire for the perfection to which Thou hast called me.

I will take courage from the example of those who are reverent to Thee in life, and the society of those who are exact in keeping the rule.

The earth, O Lord, is full of Thy mercy. Be kind to me, for I shall often fail. Teach me Thy will that I may keep on the right path in Thy service.

#### **Division of Ps. 118 in Benedictine Breviary.**

**H**OW good Thou hast been to me, Thy servant, O Lord ! How faithfully hast Thou kept Thy word !

Teach me to be good to others, to be prudent in my conduct, and to have the power of understanding Thy will,

for my only hope of salvation is in following Thy commandments and Thy will in all things.

I have sinned against Thee, O Lord, and Thou didst humble me; now I have resolved to keep Thy word closely.

Thou art so good; teach me in Thy goodness all that is necessary for me of that perfection to which Thou hast called me.

Pride is a great danger to me, and will overcome me if I do not search into Thy law with humility of heart.

For the heart of the proud is hardened, but do Thou, O Lord, soften my heart in prayer that I may willingly follow Thy law.

It is good for me that Thou hast humbled me, that I may be ready to follow Thy will for my perfection.

The words of Thy mouth are good for me to ponder. They are more precious to me than all the gold and silver of the earth.

#### **Division of Ps. 118 in Benedictine Breviary.**

**T**HOU, O Lord, art my Creator. O perfect Thy work by giving me understanding to know Thy will.

Grant that those who are reverent before Thee may in Thy mercy look upon me and rejoice, because I have hoped exceedingly in Thy word.

quia mandatis tuis  
credidi.

Priusquam humiliarer, ego deliqui :  
propterea eloquium tuum custodivi.

Bonus es tu : et  
in bonitate tua doce  
me justifications  
tuas.

Multiplicata est  
super me iniquitas  
superborum : ego  
autem in toto  
corde meo scruta-  
bor mandata tua.

Coagulatum est,  
sicut lac, cor eorum : ego vero le-  
gem tuam medi-  
tatus sum.

Bonum mihi, quia  
humiliasti me ; ut  
discam justificati-  
ones tuas.

Bonum mihi lex  
oris tui ; s per  
millia auri et argen-  
ti.

MANUS tuæ fece-  
runt me, et plas-  
maverunt me : da  
mihi intellectum,  
et discam man-  
data tua.

Qui timent te, vi-  
debunt me et læta-  
buntur ; quia in  
verba tua super-  
speravi.

Cognovi Domine,  
quia æquitas judi-  
cia tua ; et in veri-  
tate tua humiliasti  
me.

Fiat misericordia  
tua ut consoletur  
me, secundum elo-  
quium tuum servo  
tuo.

Veniant mihi  
miserationes tuæ,  
et vivam ; quia lex  
tua meditatio mea  
est.

Confundantur superbi, quia injuste  
iniquitatem fecer-  
unt in me : ego  
autem exercebor in  
mandatis tuis.

Convertantur mihi  
timentes te ; et  
qui neverunt testi-  
monia tua.

Fiat cor meum  
immaculatum in  
justificationibus tuis ; ut non confun-  
dar.

DEFECIT in salu-  
tare tuum anima  
mea : et in verbum  
tuum supersperavi.

Defecerunt oculi  
mei in eloquium  
tuum : dicentes,  
Quando consola-  
beris me ?

Quia factus sum  
sicut uter in pru-  
ina : justificationes  
tuas non sum ob-  
litus.

I know, O Lord, that Thy judg-  
ments are most right, and that Thou  
hast justly humbled me.

Grant me the consolation of Thy  
mercy according to Thy promise. Be  
kind to Thy faithful servant.

Let Thy tender mercies come to me  
and I shall live. May Thy word be  
always in my mind.

Let the proud demons who have  
suggested so much impiety to my mind  
be confounded, but do Thou allow me  
to keep Thy commandments con-  
stantly.

Let them that fear Thee with a  
loving fear turn to my assistance, and  
may Thy holy ones who have known  
and kept Thy testimonies help me.

Make my heart free from all stain  
in following the path of perfection,  
that I may never be put to shame in  
Thy sight.

#### **Division of Ps. 118 in Benedictine Breviary.**

**M**Y soul hath longed for Thy salva-  
tion, O my God, and I wait with  
great hope that Thy promises may be  
fulfilled.

Mine eyes have looked with longing  
for the time, and I have said, " When  
wilt Thou comfort me ? "

I am indeed worthless before Thee ;  
still, I beg of Thee not to forget that  
Thou hast called me to live in per-  
fection according to Thy justice.

How long, O Lord, wilt Thou leave me in the hands of them that persecute me? How long shall I be subject to mine enemies, the evil spirits?

The wicked have spoken vain words to distract me, but they are not interesting to me as is the search into Thy law.

For all Thy words are true and Thy commands just. These evil ones disturbed me and tried to draw me away from Thee. Do Thou, my God, help me.

They had almost destroyed me, but by Thy great mercy I have held to Thy law.

O quicken me according to Thy mercy, that I may ever keep the testimonies of Thy mouth.

#### **Division of Ps. 118 in Benedictine Breviary.**

**O** LORD, Thy word is fixed for ever in heaven.

I can rely on it most securely, for Thou art the very truth and there is no limit to Thy faithfulness. The earth which Thou didst establish is a sign to me of Thy constancy.

Even to this day Thine ordinance of the earth is obeyed, for all things serve Thee, my God.

If I had not Thy law, and Thy constancy to rely on, I should have perished long ago in my dejection.

My trust in Thee, my good God, has given me new life. I will strive never

Quot sunt dies servi tui? quando facies de persecutibus me iudicium?

Narraverunt mihi iniqui fabulationes: sed non ut lex tua.

Omnia mandata tua veritas: inique persecuti sunt me, adjuva me.

Paulo minus consummaverunt me in terra: ego autem non dereliqui mandata tua.

Secundum misericordiam tuam vivifica me: et custodiam testimonia oris tui.

In æternum Domine, verbum tuum permanet in cœlo.

In generationem et generationem veritas tua; fundasti terram, et permanet.

Ordinatione tua perseverat dies: quoniam omnia servient tibi.

Nisi quod lex tua meditatio mea est, tunc forte periissem in humilitate mea.

In æternum non obliviscar justifi-

cationes tuas ; quia in ipsis vivificasti me.

Tuus sum ego, salvum me fac ; quoniam justifications tuas exquisivi.

Me expectaverunt peccatores, ut perderent me : testimonia tua intellexi.

Omnis consummationis vidi finem : latum mandatum tuum nimis.

QUOMODO dilexi legem tuam Domine ? tota die meditatio mea est.

Super inimicos meos prudentem me fecisti mandato tuo ; quia in aeternum mihi est.

Super omnes docentes me intellexi ; quia testimonia tua meditatio mea est.

Super senes intelleksi ; quia mandata tua quæsivi.

Ab omni via mala prohibui pedes meos ; ut custodiā verba tua.

to forget the perfection of soul to which Thou invitest me.

I am Thine, my God, O save Thou me, for I have determined to search diligently for the means of gaining the perfection of my soul.

The evil spirits have lain in wait for me to ruin me, but by Thy grace I will look constantly to the example given me in the life of Thy Son.

All merely human perfection has an end, but Thy commands stretch far and last for ever.

### Division of Ps. 118 in Benedictine Breviary.

**O** MY God, I have loved Thy law and the sweet yoke of religious life. Let me advance in the knowledge and love of it every day of my life.

The close observance of Thy will shall give me a deep understanding, and make me wise in the wisdom of the saints. By Thy grace I will keep it always in my heart.

Then wilt Thou give me an intimate knowledge of Thy will, even beyond what Thou hast given to those who have instructed me. Grant that I may always ponder Thy words.

Thou wilt make me to understand better even than those who have lived a long life, for I will be very faithful to Thy will.

Grant, O my God, that I may refrain from every evil way that I may keep Thy word.

Teach me Thy law, O Lord, that I may not depart from Thy will.

How sweet are Thy words to my taste ! Sweeter far than honey to my mouth.

If I am faithful to Thy commands, Thou wilt give me understanding, which will make me hate every false, misleading path in my spiritual life.

#### **Division of Ps. 118 in Benedictine Breviary.**

**L**ET Thy word, O Lord, be a lamp to my feet that I may take no step which is not in conformity to Thy will.

For I have made my vows to Thee, and I have firmly determined to keep the path of perfection to which Thou hast called me.

I have often been humbled by my frequent infidelities to Thee, because I trusted in myself. Do Thou in Thy mercy renew the life in my soul, and make it more vigorous to live according to Thy guidance.

May the desires I speak to Thee in prayer be ever pleasing to Thee, and do Thou, by Thine inspirations, teach me Thy will.

May my soul's good be always before me, and make me ever mindful of Thy law.

Evil spirits have tried to entrap me, but by Thy grace I have been able to avoid their snares.

A judiciis tuis non declinavi ; quia tu legem posuisti mihi.

Quam dulcia faucibus meis eloquia tua : super mel ori meo :

A mandatis tuis intellexi : propterea odivi omnem viam iniquitatis.

**LUCERNA** pedibus meis verbum tuum, et lumen semitis meis.

Juravi et statui custodire judicia iustitiae tuæ.

Humiliatus sum usquequaque Domine : vivifica me secundum verbum tuum.

Voluntaria oris mei beneplacita fac Domine : et judicia tua doce me.

Anima mea in manibus meis semper : et legem tuam non sum oblitus.

Posuerunt peccatores laqueum mihi : et de mandatis tuis non erravi.

Hæreditate acquisi-  
sivi testimonia tua  
in æternum ; quia  
exultatio cordis mei  
sunt.

Inclinavi cor me-  
um ad faciendas  
justificationes tuas  
in æternum propter  
retributionem.

INQUOS odio ha-  
bui : et legem tuam  
dilexi.

Adjutor et sus-  
ceptor meus es tu :  
et in verbum tuum  
supersperavi.

Declinate a me  
maligni : et scruta-  
babor mandata Dei  
mei.

Suscipe me se-  
cundum eloquium  
tuum et vivam :  
et non confundas  
me ab expecta-  
tione mea.

Adjuva me et  
salvus ero : et me-  
ditabor in justifi-  
cationibus tuis sem-  
per.

Sprevisti omnes  
discedentes a judi-  
ciciis tuis ; quia in-  
justa cogitatio eo-  
rum.

Prævaricantes re-  
putavi omnes pec-  
-

How good Thou hast been to me,  
my God, to give me Thy testimony of a  
perfect life, the life of Thy Son, as an  
inheritance ! The study of that life  
shall ever be a means of raising my  
heart to better things.

With Thy help I will turn my heart  
from all which can take me from Thee,  
that I may attend to the one thing  
necessary, to do Thy holy will in all  
things.

#### Division of Ps. 118 in Benedictine Breviary.

MY God, I hate all evil, because it  
can take me from Thee, and I  
wish to keep and to love Thy holy law.

Thou art my helper and my pro-  
tector ; in Thy word will I greatly  
trust.

Send far from me all workers of  
iniquity, that I may give myself to the  
study of Thy will, O my God.

Do Thou, O Lord, uphold me as  
Thou hast promised, and I shall live,  
and in Thy mercy let me not fail in the  
hope Thou hast kindled in me.

I rely on Thine assistance, my God,  
and I hope for Thy saving grace that I  
may always advance in the path of  
perfection.

Let me never be unjust in my  
thoughts, lest Thou treat me as of no  
account, because I have wandered  
from Thy law.

All who sin against Thee are un-  
worthy of trust. Grant that I may

learn Thy way from the example of Thy Son, and love His life as the model of my own.

Fill me with a great fear of offending Thee, O Lord, for the fear of Thy judgments will keep me in Thy love.

**Division of Ps. 118 in Benedictine Breviary.**

**G**RANT me Thy grace, O Lord, to be kind in my judgment, and to keep the desire of perfection ever before me. Give me not into the power of the evil spirits who would rob me of my hope.

Uphold me in good, and let not the proud enemies of my soul oppress me.

Mine eyes shall look lovingly for Thy salvation, and for the promise Thou hast made to help me to the perfection to which Thou hast called me.

Deal mercifully with Thy servant, O Lord, and teach me all Thy will in my regard.

I am Thy servant, and I wish to serve Thee faithfully. Give me a right understanding that I may know and appreciate all that Thou speakest unto me.

In Thine own time show Thy power, O Lord, for many have left their allegiance to Thee.

I wish to cherish Thy commandments, and to love them more than all the riches of the earth.

Therefore, I have made my choice to obey Thee and to separate myself from the ways of the wicked.

catores terræ ; ideo dilexi testimonia tua.

Confige timore tuo carnes meas : a iudiciis enim tuis timui.

FECI iudicium et justitiam : non tradas me calumniantibus me.

Suscipe servum tuum in bonum : non calumnientur me superbi.

Oculi mei defecrunt in salutare tuum, et in eloquium justitiae tuæ.

Fac cum servo tuo secundum misericordiam tuam : et justificationes tuas doce me.

Servus tuus sum ego : da mihi intellectum, ut sciam testimonia tua.

Tempus faciendi Domine dissipaverunt legem tuam.

Ideo dilexi mandata tua super aurum et topazion.

Propterea ad omnia mandata tua dirigebar : omnem viam iniquam odio habui.

MIRABILIA testimonia tua ; ideo scrutata est ea anima mea.

Declaratio sermonum tuorum illuminat, et intellectum dat parvulis.

Os meum aperui,  
et attraxi spiritum ; quia mandata tua desiderabam.

Aspice in me, et miserere mei, secundum judicium diligentium nomen tuum.

Gressus meos dirige secundum eloquium tuum ; et non dominetur mei omnis iniquitatis.  
Redime me a calumniis hominum ; ut custodiam mandata tua.

Faciem tuam illumina super servum tuum : et doce me justificationes tuas.

Exitus aquarum deduxerunt oculi mei ; quia non custodierunt legem tuam.

JUSTUS es Domine : et rectum judicium tuum.

### Division of Ps. 118 in Benedictine Breviary.

**H**OW wonderful, O my God, is the revelation of Thyself in the life of Thy Son ! Give me grace to search into it with my whole soul.

Thou wilt give me the light necessary to enable me to see Thy will clearly, if I am humble and dwell lovingly on Thy words.

I will open the mouth of my heart and draw in my breath, *i.e.*, I will be still and try to learn Thy will in my regard, for I long to be pleasing in Thy sight.

Turn to me, O Lord, and have mercy on me, as Thou art wont to treat those who love Thy holy name.

Let me order my life according to Thy word ; may no evil rule me and become my master.

Free me from taking heed of what may be said against me, that I may keep firmly to Thy commandments.

Let the light of Thy face shine upon me that I may clearly see Thy will.

Give tears to mine eyes, O Lord, for there are many who keep not Thy law.

### Division of Ps. 118 in Benedictine Breviary.

**T**HOU art just, O Lord, and Thy judgment is always right. How often in my wilfulness I have complained against Thee !

The commands Thou hast given me in religion spring from Thy justice and Thy truth ; thus I know that Thou wilt be my support.

Would that my love of Thee were so intense that I might with Thy saints see only the sin against Thee, and not consider myself when enemies stand against me !

Thy words, urging me to be generous in Thy service, are full of holy fire. It is a delight to know Thine interest in my life.

I am of such small account, O Lord, and I have only Thee to rely on. Let me not lose sight of Thy commands to my soul.

Thy justice is eternal, and there is no truth apart from Thee. Thy law is the true guide of my soul, leading me to Thee.

When I am in trouble and distress I will turn to Thy words ; in them I shall find the support and comfort I need.

For Thy words thus spoken to me in Thy law are right for ever. Grant me understanding, O Lord, that I may live according to their guidance.

#### **Division of Ps. 118 in Benedictine Breviary.**

**I** HAVE cried to Thee with my whole heart. Hear me, O Lord, and by Thy grace I will seek to know Thy will.

I have cried to Thee to save me. Hear my cry, and strengthen me that I may keep Thy law.

Mandasti justitiam testimonia tua, et veritatem tuam nimis.

Tabescere me fecit zelus meus ; quia obliiti sunt verba tua inimici mei.

Ignitum eloquium tuum vehementer, et servus tuus dilexit illud.

Adolescentulus sum ego et contemptus : justificantes tuas non sum oblitus.

Justitia tua, justitia in æternum : et lex tua veritas.

Tribulatio et angustia invenerunt me : mandata tua meditatio mea est.

Æquitas testimonia tua in æternum : intellectum da mihi et vivam.

CLAMAVI in toto corde meo, exaudi me Domine : justificantes tuas requiram.

Clamavi ad te, salvum me fac : ut custodiam mandata tua.

Præveni in matu-  
ritate et clamavi :  
quia in verba tua  
supersperavi.

Prævene r u n t  
oculi mei ad te  
diluculo ; ut medi-  
tarer eloquia tua.

Vocem meam audi  
secundum miseri-  
cordiam tuam Do-  
mine : et secundum  
judicium tuum vi-  
vifica me.

Appropinquaver-  
unt persequentes  
me iniquitati : a  
lege autem tua  
longe facti sunt.

Prope es tu Do-  
mine, et omnes  
via tuae veritas.

Initio cognovi de  
testimoniis tuis ;  
quia in æternum  
fundasti ea.

VIDE humilitatem  
meam et eripe me :  
quia legem tuam  
non sum oblitus.

Judica judicium  
meum, et redime  
me : propter elo-  
quium tuum vivi-  
fica me.

Longe a peccato-  
ribus salus ; quia  
justificationes tuas  
non exquisierunt.

I turn to Thee in prayer in the  
morning of each day. In Thee, O Lord,  
I place all my hope.

While it is still night, grant that my  
waking moments may be occupied  
with Thee.

In Thy mercy listen to my prayer,  
O Lord ; and in Thy kind judgment  
grant me a full and vigorous life.

The evil spirits who refused to serve  
Thee are at hand to persecute and  
torment me.

But Thou, O Lord, art near, and I  
can rely on Thee, for Thou art the  
very truth, and Thy kind guidance  
of my soul will lead it to Thyself.

I know well that the law Thou hast  
given me will make my eternal life  
secure, for from eternity Thou hast  
deigned to call me to follow Thee.

#### **Division of Ps. 118 in Benedictine Breviary.**

**O** MY God, look down upon me when  
I am in trouble and deliver me,  
for I wish never to forget Thy law.

O plead for me and help me ; give  
me a new life according to Thy  
promise.

Thy saving grace is not given to the  
wilful sinner who persists in his sins,  
but if I am careful to obey Thee, my  
Lord, I can trust that Thou wilt not  
forsake me.

How many and wonderful are Thy great mercies to me, O Lord ! Give me new life and strength when Thou seest good.

I have many enemies to contend with ; let none of them drive me from Thy will.

Grant that I may feel the sorrow the saints have felt when I see sinners despise Thy law.

Thou knowest, Lord, that I wish to love Thy will. I cannot persevere and be faithful unless Thou in Thy mercy confirm my love and make it live.

Thy words to me flow from Thine own sincere love for me, and the judgments of Thy divine justice shall be for ever a joy to me.

#### **Division of Ps. 118 in Benedictine Breviary.**

**G**IVE me, O Lord, a filial fear of offending the least of Thy commands, though all the powers of earth should persecute me.

Grant me as much joy in the understanding of Thy word as if I had taken a great treasure by force of arms.

With Thy help, my God, I will ever hate sin and hold it in abhorrence. Give me a great love of Thy law that I may be always subject to Thee.

Seven times in the day I am called to praise Thee in the holy Office, and to extol the divine justice in Thy government of my soul.

Misericordiae tuæ  
multæ Domine :  
secundum judicium  
tuum vivifica me.

Multi, qui perse-  
quuntur me et tri-  
bulant me : a tes-  
timoniis tuis non  
declinavi.

Vidi prævarican-  
tes et tabescebam ;  
quia eloquia tua  
non custodierunt.

Vide quoniam  
mandata tua dilexi  
Domine : in mis-  
ericordia tua vivi-  
fica me.

Principium ver-  
borum tuorum ve-  
ritas : in æternum  
omnia judicia jus-  
titiae tuæ.

PRINCIPES perse-  
cuti sunt me gratis :  
et a verbis tuis  
formidavit cor me-  
um.

Lætabor ego su-  
per eloquia tua,  
sicut qui invenit  
spolia multa.

Iniquitatem odio  
habui et abomina-  
tus sum : legem  
autem tuam dilexi.

Septies in die  
laudem dixi tibi,  
super judicia jus-  
titiae tuæ.

Pax multa diligentibus legem tuam : et non est illis scandalum.

Expectabam salutare tuum Domine, et mandata tua dilexi.

Custodivit anima mea a testimonia tua ; et dilexit ea vehementer.

Servavi mandata tua et testimonia tua ; quia omnes viæ meæ in conspectu tuo.

APPROPINQUET deprecatio mea in conspectu tuo Domine : juxta eloquium tuum dami intellectum.

Intret postulatio mea in conspectu tuo : secundum eloquium tuum eripe me.

Eructabunt labia mea hymnum ; cum docueris me justificationes tuas.

Pronuntiabit lingua mea eloquium tuum ; quia omnia mandata tua æquitas.

Fiat manus tua, ut salvet me, quoniam mandata tua elegi.

Give me the peace of one who loves Thy will, and let nothing be a hindrance to my faithful service.

O my Lord, give me a great hope of union with Thee in heaven, and a great love of Thy will which will lead me there.

Let me always love and faithfully obey Thy will in the holy rule Thou hast given me.

Thou knowest, O Lord, that my will is ever to keep Thy commandments, for all my soul is open to Thy sight.

#### **Division of Ps. 118 in Benedictine Breviary.**

**O** LORD, my God, let my constant prayer come near Thee, and give Thou light to mine understanding that I may know Thy will.

Let my supplication be ever before Thee. Be kind to me and hear me as Thou hast promised.

Then shall I sing praises to Thee, and Thou wilt open out to me the way of perfection by which I may always do Thy will.

I will not cease to utter Thy praise in Thine own words, for all Thy commandments lead to perfect justice which is conformity to Thy will.

Stretch out Thy hand and save me, for I can do nothing without Thee. Give me grace to persevere in the choice I have made to serve Thee faithfully.

Give me always a longing for the life with Thee in heaven, and let it encourage me to search constantly for Thy will.

In Thy grace my soul shall live and never fail to praise Thee by a good life ; and Thy kindness in giving me a rule to follow shall be a great help to me.

Without Thee, my God, I am as a sheep that is lost. Do Thou, the Divine Shepherd, seek me and find me, for by Thy grace I have not forgotten Thy commandments.

**Ad Dominum, cum tribularer. Ps. 119.**

AT the very entrance of my religious life I was in trouble, for Thou, my God, wouldest not let me settle down in the world. I cried to Thee, and Thou didst hear me.

As soon as I had felt the first impulse to the cloister, I had to hear much from wicked lips against the life I desired, and from deceitful tongues I heard things that made me fear to take the step.

I wondered how I could meet the reasons urged against my leaving the world ;

And Thy plain call sank into my heart and went deep in like an arrow. I saw there was nothing that could give me lasting peace but to give myself to Thee, my God, for the call sent by Thee seemed to make desolate and barren every other life except that to which Thou hadst called me.

Concupivi salutare tuum Domine : et lex tua meditatio mea est.

Vivet anima mea et laudabit te : et judicia tua adjuvabunt me.

Erravi sicut ovis, quæ periit : quæ servum tuum, quia mandata tua non sum oblitus.

AD Dominum, cum tribularer, clamavi; et exaudivit me.

Domine libera animam meam a labiis iniquis, et a lingua dolosa.

Qui detur tibi, aut quid apponatur tibi, ad linguam dolosam ?

Sagittæ potentis acutæ, cum carbonibus desolatoriis.

Heu mihi quia  
incolatus meus  
prolongatus est :  
habitavi cum ha-  
bitantibus Cedar :  
multum incola fuit  
anima mea.

Cum his, qui od-  
erunt pacem, eram  
pacificus : cum lo-  
quebar illis, impug-  
nabant me gratis.

LEVAVI oculos  
meos in montes :  
unde veniet auxi-  
lium mihi.

Auxilium meum  
a Domino, qui  
fecit cœlum et  
terrā.

Non det in com-  
motionem pedem  
tuum : neque dor-  
mitet, qui custodit  
te.

Ecce non dormi-  
bit neque dor-  
mitet, qui custodit  
Israel.

Dominus custo-  
dit te, Dominus  
protectio tua, super  
manum dexteram  
tuam.

Then I longed for the religious life,  
and all else seemed weariness, and I  
was as if in darkness.

I felt myself an exile, and then I  
began to see that I had to be at peace,  
even with those who tried to disturb  
me, and I had to live so that they  
should have no cause for their opposi-  
tion.

**Levavi oculos meos. Ps. 120.**

I THEN looked up to those who had  
gone before me, and who are  
either in heaven or living a saintly life  
in the community, and I sought help  
from them.

But I found I could not expect much  
from them unless I relied wholly on  
Thee, my God. For their lives had been  
built on their trust in Thy mercy and  
power. Thou, O Lord, didst make all  
that is good in the spiritual, as in the  
physical world.

I began to feel secure that my feet  
were not to be moved, for Thou didst  
keep me. I will cease to rely on my-  
self, and cast all my care on Thee.

I know that if I am faithful Thou  
wilt not cease to strengthen me with  
Thine own strength, for Thou never  
sleepest, but hast always care of me.

Thou, O Lord, art my keeper on the  
right hand, *i.e.*, for all that is good in  
my life. O give me reason to hope that  
in the last day I shall stand on Thy  
right hand.

Both day and night I am safe as long as I trust in Thee, my good God.

If I simply give myself entirely to Thee without reserve, Thou, my Lord, wilt preserve my soul from all evil.

Be with me at the beginning and at the end of every action. Keep me, Thy poor wandering one, from henceforth, now and for ever, for I long to be Thine only, O Lord.

**Laetatus sum. Ps. 121.**

**A**S soon as I learn to trust Thee, my God, the community life becomes a joy, for I recognise the goodness of those who live with me, and we go together into Thy house.

We are as yet only in the courts, but we have left the world, and are standing ready to do Thy will.

The Jerusalem of my own Order is a city I may be proud of, for it is a part of Thine own life, O Lord.

It is an Order which has attracted good souls from all nations to carry on Thy work, and to praise Thy holy name.

Thou, my God, by my profession, hast taken Thy seat in me, so that when I am in choir I am a throne for Thee to rest in.

Teach me, O Lord, the things that are for my peace, so that now I am before Thee I may ask Thee for them.

Per diem sol non uret te, neque luna per noctem.

Dominus custodit te ab omni malo : custodiat animam tuam Dominus.

Dominus custodiat introitum tuum et exitum tuum ; ex hoc nunc, et usque in sæculum.

LAETATUS sum in his, quæ dicta sunt mihi : in domum Domini ibimus.

Stantes erant pedes nostri in atriis tuis Jerusalem.

Jerusalem, quæ ædificatur ut civitas ; cuius participatio ejus in id ipsum.

Illuc enim ascenderunt tribus, tribus Domini : testimonium Israel ad confitendum nomini Domini.

Quia illic sedent sedes in iudicio : sedes super domum David.

Rogate, quæ ad pacem sunt Jerusalem : et abund-

dantia diligentibus  
te.

Fiat pax in vir-  
tute tua ; et abund-  
antia in turribus  
tuis.

Propter fratres  
meos, et proximos  
meos, loquebar pa-  
cem de te.

Propter domum  
Domini Dei nostri,  
quæsivi bona tibi.

AD te levavi ocu-  
los meos, qui ha-  
bitas in cœlis.

Ecce sicut oculi  
servorum in mani-  
bus dominorum su-  
orum :

Sicut oculi an-  
cillæ in manibus  
dominæ suæ : ita  
oculi nostri ad Do-  
minum Deum nos-  
trum, donec mise-  
reatur nostri.

Miserere nostri  
Domine, miserere  
nostri ; quia mul-  
tum repleti sumus  
despectione.

Quia multum re-  
pleta est anima

Grant peace to my own religious  
family, and the good things of Thy  
treasure to all who are kind to it.

Give me the peace which comes  
from the abundance of Thy grace, and  
the strength which will follow my  
correspondence to this grace.

For the sake of my brethren and my  
neighbours let my words concerning  
Thee, my God, bring peace to their  
hearts.

For all are united in the service of  
Thy house which is the Church, and it  
is my part to pray that all may have  
the things that are good for them.

### **Ad te levavi. Ps. 122.**

**L**ATER on in the religious life I find  
that I have to keep my eyes con-  
stantly fixed on Thee, my God, who  
art in heaven, and beseech Thee to  
have mercy on me for my daily negli-  
gences.

As a servant who is careless can  
learn to be perfect in service by con-  
stant attention to his master,

Or as a maid-servant by keeping her  
eyes on the hands of her mistress, so  
can I overcome my natural carelessness  
by keeping my eyes fixed on  
Thee, my Master, and begging of Thee  
to have mercy on me.

Have mercy on me, O Lord, have  
mercy on me, for I am cast down by  
the correction I so often receive.

Indeed, I am often filled with re-  
proaches. They who are rich in merits

reproach me with my negligence, and the proud cast me down with contempt.

**Nisi quia Dominus. Ps. 123.**

**W**HEN I had fixed my eyes on Thee, my God, and had tried to conform my life to Thy will,

My body rose up, and the nature which I thought was subdued made its power felt; so strong was the attack upon me that I feared I was wholly lost.

When the fury of temptation was upon me I was as if engulfed in a flood of water. Then my soul cried to Thee, my God, "If Thou, O Lord, hadst not been with me all these evil inclinations would have swallowed me up." But Thou wast with me to save me.

When the force of the assault was greatest, I might have been overcome and have lost my love of Thee, my God, if Thou hadst not been with me.

Blessed be Thou, O Lord, who hast not allowed me to be torn by these temptations.

Like a kind man releasing a sparrow from a snare, so gently Thou didst deliver me.

The snare was broken by Thy kind hand, and my soul was free.

My help, O Lord, is in calling upon Thy holy name. Thou hast made the heaven and the earth, and Thou art all powerful to save.

nostra : opprobrium abundantibus et despectio superbis.

**N**isi quia Dominus erat in nobis, dicat nunc Israel : nisi quia Dominus erat in nobis.

Cum exurerent homines in nos, forte vivos degluttissent nos.

Cum irasceretur furor eorum in nos, forsitan aqua absorbusset nos.

Torrentem pertransivit anima nostra : forsitan pertransisset anima nostra aquam intolerabilem.

Benedictus Dominus, qui non dedit nos in captionem dentibus eorum.

Anima nostra sicut passer erepta est de laqueo ventantium.

Laqueus contritus est et nos liberati sumus.

Adjutorium nostrum in nomine Domini, qui fecit cœlum at terram.

Qui confidunt in  
D o m i n o , sicut  
mons Sion : non  
commovebitur i n  
aeternum, qui ha-  
bitat in Jerusalem.

Montes in cir-  
citu ejus, et Do-  
minus in circuitu  
populi sui ; ex hoc  
nunc, et usque in  
sæculum.

Quia non relin-  
quet Dominus vir-  
gam peccatorum  
super sortem justo-  
rum ; ut non  
extendant justi ad  
iniquitatem manus  
suis.

Benefac Domine  
bonis, et rectis  
corde.

Declinantes au-  
tem in obligationes  
adducet Dominus  
cum operantibus in-  
iquitatem : pax  
super Israel.

I N convertendo  
Dominus captivi-  
tatem Sion : facti  
sumus sicut consolati.

Tunc repletum  
est gaudio os nos-  
trum ; et lingua  
nostra exultatione.

Tunc dicent inter  
gentes : Magnifica-  
cavit Dominus fa-  
cere cum eis.

### **Qui confidunt. Ps. 124.**

**M**A Y my soul trust in Thee, O Lord,  
with even a greater confidence  
than Thy chosen people trusted in  
Mount Sion. Thou art my holy city.  
Thou shalt not be moved for ever, nor  
shall my soul cease to dwell in Thee as  
long as my confidence is placed in  
Thee.

As the mountains surround the holy  
city, so dost Thou encompass my soul  
to protect it. I beseech Thee, O  
Lord, to guard me now and for ever.

Thou wilt not allow sinners or evil  
spirits to torment me with reproaches  
or temptations, lest I lose heart, and  
in my despair join the wicked in the  
evil they do against Thee.

Do Thou, my Lord, bless me and  
keep my will good and my heart right.

Let me not turn aside from Thee to  
my former evil ways. Keep me from  
forgetfulness of Thee ; lead me far  
from all evil, and establish me in Thy  
peace.

### **In convertendo. Ps. 125.**

**C**ONFIDENCE in Thee, my Lord,  
will free me from the bondage of  
sin, and my soul will be consoled by  
Thee.

Filled thus with gladness, I will joy-  
fully sing my thanks to Thee in the  
holy Office.

Then even the unthinking and the  
ungodly shall see the great things Thou  
wilt do for me.

Among the most precious of Thy gifts is the gift of joy, the mark Thou, O Lord, dost so often place on the religious who serve Thee faithfully.

Turn then, O Lord, my bondage into great freedom of heart, as the winter rains turn a dry water course into a full river.

I sowed in tears, but in Thy good time I shall reap in joy. The first steps of my religious life were hard and trying, but Thou, my Lord, wilt in Thy bounty give me the chance of storing up treasures which I may distribute to others with great joy.

As the farmer has much trouble in preparing the ground and sowing the seed, so have all those who follow Thee in the religious life much labour and trouble in sowing the seeds of the virtues.

But may I come to Thee, O Lord, by Thy bounty, full of joy, bearing the fruits of my labour.

### **Nisi Dominus. Ps. 126.**

**I**N all my desire to do good let me remember that if I take any praise to myself, the good I may do will be of no avail; for unless Thou, O Lord, build the house, they labour in vain who build it.

Not only in building but in keeping what I have already won I will trust in Thy goodness alone.

No effort of mine can be of use to me in my religious life unless I rely

Magnificavit Dominus facere nobiscum : facti sumus lætantes.

Converte Domine captivitatem nostram, sicut torrens in Austro.

Qui seminant in lacrymis, in exultatione metent.

Euntes ibant et flebant, mittentes semina sua.

Venientes autem venient cum exultatione, portantes manipulos suos.

**N**isi Dominus ædificaverit domum, in vanum laboraverunt, qui ædificant eam.

**N**isi Dominus custodierit civitatem, frustra vigilat qui custodit eam.

Vanum est vobis ante lucem sur-

gere : surgite, post-quam sederitis, qui manducatis panem doloris.

Cum dederit dilectis suis somnum : ecce haereditas Domini filii, merces fructus ventris.

Sicut sagittae in manu potentis ; ita filii excussorum.

Beatus vir, qui implevit desiderium suum ex ipsis : non confundetur, cum loquetur inimicis suis in porta.

BEATI omnes, qui timent Dominum ; qui ambulant in viis ejus.

Labores manuum tuarum quia manducabis ; beatus es, et bene tibi erit.

Uxor tua sicut vitis abundans in lateribus domus tuae.

Fili tui sicut novellæ olivarum in circuitu mensæ tuae.

for all on Thee, my God. Work I do apart from Thee will bring me nought but sorrow.

If Thou wilt give me peace, O Lord, Thou wilt in Thy mercy allow me to bring souls to Thee, and so to bring to Thee children of Thine own family.

And thus by Thy mercy, I, who have deserved nothing but to be cast away, will in the power of Thy strong arm be able to fight for Thee.

Thou wilt bless me, Thy servant, because Thou hast allowed me to fill my heart with the desire of serving and loving Thee, and Thou wilt not allow me to be confounded when I stand before Thee in judgment.

### **Beati Omnes. Ps. 127.**

BLESSED are they, O Lord, who, because they fear Thee, desire to walk according to Thy will. Grant me to be among those who so fear Thee, O my God.

Thou wilt give me all the blessings which are in Thy hands. And as to the faithful soul in the world Thou givest the necessaries of life, a quiet, peaceful home,

And a happy family life, so to the faithful religious Thou wilt give much more spiritual blessings,

Abundant grace and daily Communion ; a happy community, and more than this, the power to beg blessings for the whole Church.

Thus wilt Thou bless the soul that serves Thee, O Lord, with a quiet, filial fear.

Thou wilt look down from heaven and provide all good things for Thy Church all the days of our life.

And Thou wilt give increase in number and in sanctity, that in subjection to Thee we may have peace in Thee for ever.

*Ecce sic benedicetur homo, qui timet Dominum.*

*Benedicat tibi Dominus ex Sion : et videoas bona Jerusalem omnibus diebus vitæ tuæ.*

*Et videoas filios filiorum tuorum ; pacem super Israel.*

### Sæpe expugnaverunt. Ps. 128.

MY soul has gone through many temptations from the time of my youth upwards, and these have been a serious trial, often leading me to lose heart.

But now I recognise that Thou, O Lord, didst allow these temptations to assail me, many of which I have with Thy help been able to overcome, that I might know Thy kind care of me, and put my trust in Thee.

The demons have caused me to suffer much, and have made my life a burden. They have prolonged their torments upon me.

But I trust in Thy justice, O Lord ; Thou wilt put aside all who hinder me in my path to Thee. These are they who hate religious perfection. Grant me the grace to love it and strive after it with my whole heart.

Those who do not esteem this, Thine eternal will, shall be worthless as the

*SÆPE expugnaverunt me a juventute mea ; dicat nunc Israel.*

*Sæpe expugnaverunt me a juventute mea : etenim non potuerunt michi.*

*Supra dorsum meum fabricaverunt peccatores : prolongaverunt iniquitatem suam.*

*Dominus justus concidit cervices peccatorum : confundantur et convertantur retrorsum omnes, qui oderunt Sion.*

*Fiant sicut fœnum tectorum ;*

quod, priusquam  
evellatur, exaruit.

De quo non im-  
plevit manum su-  
am, qui metit ; et  
sinum suum, qui  
manipulos colligit.

Et non dixerunt,  
qui præteribant,  
Benedictio Domini  
super vos : ben-  
diximus vobis in  
nomine Domini.

DE profundis cla-  
mavi ad te Domine : Domine ex-  
audi vocem meam.

Fiant aures tuæ  
intendentes in vo-  
cem deprecationis  
meæ.

Si iniquitates ob-  
servaveris Domine ;  
Domine quis sus-  
tinebit ?

Quia apud te pro-  
pitatio est : et  
propter legem tu-  
am sustinui te  
Domine.

Sustinuit anima  
mea in verbo ejus :  
speravit anima  
mea in Domino.

A custodia matu-  
tina usque ad noc-

grass on the top of a house, which is  
dried up before it can be of any use.

They shall be of no use for Thee, the  
Husbandman of souls, nor wilt Thou  
gather them into Thy bosom in the  
harvest.

Their worthlessness will be apparent  
even to the passer-by. He will not  
salute them or bless them. O may Thy  
blessing ever be upon me.

### **De profundis. Ps. 129.**

**O**UT of the depths of my own selfish-  
ness I have cried to Thee, O my  
God ; do Thou hear my voice.

Be ever attentive to me, O Lord.  
Ah, how little need there has been in  
the past to attend to my cry, for I have  
not called to Thee ! I did not look to  
Thee for help.

Attend to me doubly now that I may  
turn to Thee. I have delayed too long.  
Wait for me now a little, O Lord ; I  
am so slow.

I know Thou art all mercy ; I need  
much mercy and forgiveness. O Lord  
my God ! I will wait Thy time, only  
make me constant.

I have relied on Thy word. I thank  
Thee, O my God ! for giving me Thy  
Word, Thy only Son, that I might have  
the fullest trust in Him.

Thou hast filled me with hope. Now  
that by Thy mercy I have known Thy  
strength and Thy kind care of me,  
I will hope in Thee all my waking life,

from the first watch of the morning till the last moment before sleep.

Even my faults I can leave to Thy goodness, for I can trust myself to Thee and rest in Thy mercy. The redemption Thou hast purchased for me is ample for all my sins.

I will fill my heart with confidence that in spite of all my sins Thou wilt redeem even me, and bring me to Thyself in the end.

**Domine, non est exaltatum. Ps. 130.**

**O** LORD, my heart is not raised up in pride because of all Thy goodness to me. O may mine eyes be always humble before Thee.

I beg of Thee not to ask from me anything which will bring me human praise, but let me be content with the ordinary things of life.

If I am not humble-minded, and if I strive to take praise to myself,

I shall deserve to be as a weaned child, calling in vain for the consolation with which Thou, my good God, wilt always support the lowly of heart.

My trust in Thee is my only safety. I will give myself to Thee from this day now and for ever.

**Memento, Domine, David. Ps. 131.**

**R**EMEMBER, O Lord, my soul which has determined to follow Thee in meekness and humility.

tem, speret Israel in Domino.

Quia apud Dominum misericordia : et copiosa apud eum redemptio.

Et ipse redimet Israel ex omnibus iniquitatibus ejus.

DOMINE non est exaltatum cor meum : neque elati sunt oculi mei.

Neque ambulavi in magnis, neque in mirabilibus super me.

Si non humiliter sentiebam ; sed exaltavi animam meam.

Sicut ablactatus est super matre sua, ita retributio in anima mea.

Speret Israel in Domino ; ex hoc nunc et usque in sæculum.

MEMENTO Domine David, et omnis mansuetudinis ejus.

Sicut juravit Dominus : votum vovit  
Deo Jacob :

Si introiero in tabernaculum domus meæ : si ascendero in lectum strati mei

Si dedero somnum oculis meis : et palpebris meis dormitationem :

Et requiem temporibus meis ; donec inveniam locum Domino : tabernaculum Deo Jacob.

Ecce audivimus eam in Ephrata : invenimus eam in campus silvæ.

Introibimus in tabernaculum ejus : adorabimus in loco, ubi steterunt pedes ejus.

Surge Domine in requiem tuam : tu et arca sanctificationis tuæ.

Sacerdotes tui induantur justitiam : et sancti tui exultent.

Propter David, servum tuum, non avertas faciem Christi tui.

Juravit Dominus David veritatem, et non frustrabitur

I have vowed to Thee that I would dwell with Thee all the days of my life, and that I would strive, by Thy grace, to become worthy to be Thy tabernacle.

In order to carry out this my purpose, by Thy help, I will not be turned aside by any thought of myself.

I will not rest or close mine eyes,

Or look for any peace in my life till I have found a place for Thee, my God.

In my youth I heard of Thee and Thy desire to come to me, and in all the open country I have seen Thy glory.

I will go into Thy tabernacle, and I will worship Thee in the place where Thy feet have stood.

Come again, O Lord, and take Thy rest within me. Let me never again blot out Thine image in my soul.

Clothe me with holiness, for Thou hast chosen my soul as Thy priest. Grant that I may ever rejoice in Thy presence.

Thou hast chosen me, O Lord. Do not turn away Thy face because of my neglect.

Thou hast made me many promises of help ; let me not render them void

by my carelessness. May the desires of my heart always give Thee praise.

Keep me faithful to Thy law, and let me not be a hindrance to the holiness of those that come after me.

Nay, Lord, let Thy words through me lead many to learn and to teach to others the principles of a holy life.

Thou hast chosen me for Thine own by calling me into religion, and Thou wilt make my soul Thy dwelling-place.

Thou shalt be my rest, O Lord, for ever and ever. Come and dwell in me, for Thou hast chosen me.

If Thou wilt leave my soul in desolation still continue to bless me; still give me the support which can come from Thee alone.

Help me to clothe my soul with sanctity, and give me great joy in Thy company.

Grant me also a store of grace, and may my life be lit by the lamp of Thy presence.

Then shall the evil spirits be confounded, for my soul, O Lord, shall grow and flourish exceedingly in Thy love.

### **Ecce, quam bonum. Ps. 132.**

I BEGIN to see, O Lord, how great a good for my soul, and how full of joy it is that Thou hast called me to

eam : De fructu ventris tui ponam super sedem tuam.

Si custodierint filii tui testamentum meum ; et testimonia mea hæc, quæ docebo eos :

Et filii eorum usque in sæculum sedebunt super sedem tuam.

Quoniam elegit Dominus Sion : elegit eam in habitationem sibi.

Haec requies mea in sæculum sæculi : hic habitabo, quoniam elegi eam.

Viduam ejus benedicens benedicam : pauperes ejus saturabo panibus.

Sacerdotes ejus induam salutari : et sancti ejus exultatione exultabunt.

111uc producam cornu David : paravi lucernam Christo meo.

Inimicos ejus induam confusionem : super ipsum autem effloreat sanctificatio mea.

Ecce quam bonum et quam ju-

cundum, habitare  
fratres in unum.

Sicut unguentum  
in capite, quod  
descendit in bar-  
bam, barbam Aa-  
ron.

Quod descendit  
in oram vestimenti  
ejus : sicut ros  
Hermon, qui des-  
cendit in montem  
Sion.

Quoniam illuc  
mandavit Dominus  
benedictionem ; et  
vitam usque in sæ-  
culum.

Ecce nunc bene-  
dicte Dominum,  
omnes servi Do-  
mini :

Qui statis in do-  
mo Domini ; in  
atriis domus Dei  
nostrí.

## PSALM 133.

dwell in a community united in their brotherhood with Thy Son, my Lord Jesus Christ.

As the precious ointment Thou didst command should be poured so copiously upon the head of Thy chosen priest, Aaron, that it flowed upon his beard, signifying the strength, the joy, and the sweet savour of the consecration of Thy priests, so the mutual charity found in a religious community will bring strength and joy and a sweet odour pleasing to Thee.

This sweet charity should affect even the external garments of the religious, *i.e.*, his external behaviour. Again, as the dew of Hermon, the highest mountain of Palestine, came down upon the lower hills, even to Sion, making the whole land fruitful, so does religious charity make fruitful the work of the members of a community.

In such a united community Thou, O Lord, hast given blessings and vigorous religious life as long as charity is strong.

### **Ecce, nunc benedicite. Ps. 133.**

**B**EHOLD me, O my God, toiling and striving up the steps of perfection. I come to Thee for Thy blessing on my efforts.

All who stand ready to do Thy will in Thy house, O God, and in the courts of Thy house, *i.e.*, the monastery, bless Thee and praise Thee.

I lift up my hands and my voice to bless Thee, and do Thou, in return, bless me before I go to rest.

Bless me, Thy servant, from heaven. Thy blessing will secure to me the good things of heaven and earth, for all things are in Thy hands.

**Laudate nomen Domini. Ps. 134.**

**I** WILL praise Thy holy name, O Lord, for I wish to be Thy faithful servant. May I praise Thee for ever.

For I live in Thy house, and in the courts of Thy house,

And I will praise Thee for Thy great goodness and mercy to me. How sweet is Thy holy name to me ! I will rejoice to sing Thy praises in the Divine Office.

Thou hast chosen my soul for Thyself, and Thou desirest to make it Thy very own.

Thou hast let me know how great Thou art, and how worthless are all who exalt themselves in opposition to Thee.

Thou hast ever done according to Thy holy will whether in heaven or on earth ; in the sea and its most secret depths.

Thou hast full power over all nature. Thou bringest the clouds from any quarter Thou willest, and ever to benefit weak man, even Thy lightning has been followed by rain, making the earth fruitful.

In noctibus extolle manus vestras  
in sancta : et benedicte Dominum.

Benedicat te Dominus ex Sion,  
qui fecit cœlum et terram.

LAUDATE nomen  
Domini : laudate  
servi Dominum.

Qui statis in domo  
Domini : in  
atriis domus Dei  
nostrí.

Laudate Dominum,  
quia bonus  
Dominus : psallite  
nomini ejus, quo-  
niam suave.

Quoniam Jacob  
elegit sibi Dominus ; Israel in pos-  
sessionem sibi.

Quia ego cognovi,  
quod magnus est  
Dominus : et  
Deus noster præ  
omnibus diis.

Omnia, quæcumque  
voluit, Dominus  
fecit in cœlo  
et in terra : in  
mari et in omnibus  
abyssis.

Educens nubes  
ab extremo terræ :  
fulgura in pluviam  
fecit.

Qui producit ventos de thesauris suis : qui percussit primogenita Ægypti ab homine usque ad pecus.

Et misit signa et prodigia in medio tui Ægypte : in Pharaonem et in omnes servos ejus.

Qui percussit gentes multas : et occidit reges fortis.

Sehon regem Amorrhæorum, et Og regem Basan : et omnia regna Chanaan.

Et dedit terram eorum hæreditatem : hæreditatem Israel populo suo.

Domine n o m e n tuum in æternum : Domine memoriale tuum in generacionem et generacionem.

Quia judicabit Dominus populum suum : et in servis suis deprecabitur.

Simulacra gentium argentum et aurum : opera manuum hominum.

Os habent, et non loquentur : oculos habent, et non videbunt.

Thou dist bring the winds from Thy secret treasure, working Thine own will which none can gainsay. Thou didst slay the firstborn both of men and beasts.

Thou didst great wonders in Egypt and before Pharoah and all his servants.

Thou didst not spare the nations which opposed Thy people, nor the powerful kings who stood up against them.

Sehon, king of the Amorrhites, and Og, king of Basan, and all the tribes of Canaan,

Their land Thou didst give for an inheritance for Thine own people.

Therefore, Thy name is held in honour for ever, O Lord, and the memory of Thy goodness unto all generations.

Thou wilt be kind in Thy judgment of those who faithfully serve Thee ; and if they fall into sin against Thee, Thou wilt be ready to hear the prayer of repentance.

But the idols whom men invoke are only senseless gods. My soul shall not put any trust in riches, however great they may be.

These idols have mouths indeed, but they cannot speak ; eyes, but they cannot see.

Ears they have that cannot hear, nor is there the breath of life in their mouths.

Let all who make such things and trust in riches be as these idols.

I will bless Thee, O Lord, for the house of Israel and for the house of Aaron.

I will bless Thee for the house of Levi, and for all that fear Thee, O Lord.

Blessed be Thou, my God, in heaven and in Thy Church upon earth.

*Psalm 135 is so similar to Psalm 134 that it requires no further comment.*

#### Super flumina. Ps. 136.

O GOD, when I was in captivity to Thine enemy, whether in sin or bound by the chains of bad habits, I was sad, though surrounded by pleasures which did not satisfy me, and I remembered Thy home in heaven which Thou hast designed for my delight.

I hung up or cast aside the instruments of mirth, for there was no joy in my life.

The evil spirits who had beguiled me and led me into captivity, urged me to be joyful and not to be sad.

Aures habent, et non audient : neque enim est spiritus in ore ipsorum.

Similes illis fiant, qui faciunt ea ; et omnes, qui confidunt in eis.

Domus Israel, benedicite Domino : domus Aaron, benedicite Domino.

Domus Levi, benedicite Domino : qui timetis Dominum, benedicite Domino.

Benedictus Dominus ex Sion, qui habitat in Jerusalem.

S U P E R flumina Babylonis, i l l i c sedimus et flevimus ; cum recordar emur Sion.

In salicibus in medio ejus suspendimus organa nostra.

Quia illic interrogaverunt nos, qui captivos duxerunt nos, verba cantionum :

Et qui abduxerunt nos : Hymnum cantate nobis de canticis Sion.

Quomodo cantabimus canticum Domini in terra aliena ?

Si oblitus fuero tui Jerusalem ; oblivioni detur dextera mea.

Adhæreat lingua mea faucibus meis ; si non meminero tui :

Si non proposuero Jerusalem in principio lætitiae meæ.

Memor esto Domine filiorum Edom in die Jerusalem :

Qui dicunt, Exinanite, exinanite usque ad funda-  
mentum in ea.

Filia Babylonis misera : beatus, qui retribuet tibi retributionem tuam, quam retribuisti nobis.

Beatus, qui tenebit, et allidet parvulos tuos ad petram.

And they who had power over me called me to sing the songs of my home.

And I could not, for the songs of heaven are my prayers, and I could not pray whilst I was alien in heart from Thee, my God.

Let me never more forget Thee, my good God. Rather let my right hand be forgotten than that I cease to remember I belong to Thy Church.

Let me not be able to utter a word if I forget Thee, O Lord.

Hinder me from taking any pleasure which does not begin and end in Thee.

And do Thou, O Lord, remember them who fought against Thy Church, and seemingly overcame it in times past. Do Thou remember all the evil they did against Thy Church.

For they said, "Down with it, down with it ; root up even the foundations."

Then shall Thy vengeance come upon all those who persist in their enmity to Thy Church. They shall indeed be in a miserable plight, and those shall be held in benediction who execute Thy wrath upon them.

Bless me, O Lord, and grant me the courage to strangle the first thoughts of evil that come into my mind, and to have recourse to Thee, the Rock of hope.

**Confitebor tibi Domine. Ps. 137.**

**I** WILL praise Thee, O Lord, with my whole heart, because Thou hast heard my prayer.

I will stand before Thee in the Divine Office as if I were in the choir of angels. I will not forget that my work in the choir is a true worship, a sacrifice pleasing unto Thee, giving glory to Thy holy name.

For Thy mercy and Thy fidelity to me I will praise Thee, because by Thy mercy to me who am so sinful, and Thy fidelity when I am so faithless to Thee, Thou hast magnified Thy name above all that I could imagine, *i.e.*, Thou hast enabled me to see the greatness of Thy kindness and goodness.

In what day soever I shall call upon Thee, O hear me, my good God; let not Thy mercy to me cease, for thus shall I have great hope in Thee, and my soul shall be strong to do Thy work faithfully.

Let all the great ones of the earth give glory to Thee, O Lord, for they too, have heard kind words from Thy mouth.

Let them sing of Thy kind and glorious ways, for Thy glory is indeed great.

Thou, O Lord, art greatly exalted, but Thou art very near to the humble. The proud Thou lookest upon as if they were at a great distance from Thee.

CONFITEBOR tibi  
Domine in toto  
corde meo ; quoniam  
audisti verba  
oris mei.

In conspectu An-  
gelorum psallam ti-  
bi : adorabo ad  
templum sanctum  
tuum, et confitebor  
nomi ni tuo.

Super misericordia  
tua et veritate tua :  
quoniam magnifi-  
casti super omne  
nomen sanctum  
tuum.

In quacumque  
die invocavero te,  
exaudi me : multi-  
plicabis in anima  
mea virtutem.

Confiteantur tibi  
Domine omnes re-  
ges terrae ; quia  
audierunt omnia  
verba oris tui :

Et cantent in viis  
Dominii : quoniam  
magna est gloria  
Dominii.

Quoniam excelsus  
Dominus et humilia  
respicit : et alta  
a longe cognoscit.

Si ambulavero in medio tribulationis, vivificabis me : et super iram inimicorum meorum extendisti manum tuam : et salvum me fecit dextera tua.

Dominus retribuet pro me : Domine misericordia tua in sæculum : opera manuum tuarum ne despicias.

**DOMINE probasti me, et cognovisti me : tu cognovisti sessionem meam et resurrectionem meam.**

Intellexisti cogitationes meas de longe : semitam meam et funiculum meum investigasti.

Et omnes vias meas prævidisti ; quia non est sermo in lingua mea.

Ecce Domine tu cognovisti omnia novissima et antiqua : tu formasti me, et posuisti super me manum tuam.

Mirabilis facta est scientia tua ex me : confortata est, et non potero ad eam.

If I should be once more in trouble, Thou wilt give me the vigour which will see me through it, and Thou wilt protect me from the anger of mine enemies with Thy strong right hand, for Thy strength saved me in the past.

I know, O Lord, that Thou wilt do all that is helpful for me. I need never lose heart again, for Thy mercy has no end. O leave me not to myself, and do not despise me because of my weakness, but ever support and comfort me.

**Domine, probasti me. Ps. 138.**

**T**HOU, O my Lord, hast tried me, and Thou dost know me most intimately. Thou alone dost thoroughly understand me far better than I have known myself.

Thou knowest my inmost thoughts, and the whole bent of my nature, so often a puzzle to me, is plain and clear to Thee.

I cannot tell Thee anything about myself that Thou dost not know before I speak. I cannot hide anything from Thee.

Thou didst know me before I was conscious of my own life, and Thou, my good God, hast laid Thy kind hand upon me, even when I knew it not.

Thy knowledge of me I cannot fathom, for the depth and the height of it is far beyond me.

Where shall I go to be out of Thine influence? Where shall I fly from Thy sight, O God?

If I go in spirit into heaven or hell I cannot escape from Thee. Whatever my thoughts are they must come before Thee.

Let them wander as far as they will they are within Thy kingdom; Thou knowest them all. Neither can I escape from Thy power.

Thy merciful hand leads me to good, and Thy kind right hand supports me always.

#### **Division of Ps. 138 in Benedictine Breviary.**

**T**O Thee there is no darkness, O my God. Nothing within me or without me is out of Thy sight. Thou knowest most exactly all my imperfections which I try to hide from others.

For the darkness does not hide anything from Thee. The night itself is as the day, open to Thy divine eyes. Darkness and light are as one to Thee.

And as Thou seest me so Thou protectest me. Thou hast all power over me, and Thou hast had care of me ever since I was born.

Therefore, I will constantly and reverently praise Thee, and acknowledge all Thy wonderful care of me.

There is no part of my nature which is not from Thee, and Thou, O Lord,

Quo ibo a spiritu tuo? et quo a facie tua fugiam?

Si ascendero in cœlum, tu illic es: si descendero in infernum, ades.

Si sumpsero penas meas diluculo, et habitavero in extremis maris:

Etenim illuc manus tua deducet me: et tenebit me dextera tua.

Er dixi, Forsitan tenebræ concubabunt me: et nox illuminatio mea in deliciis meis.

Quia tenebræ non obscurabuntur a te; et nox sicut dies illuminabitur: sicut tenebræ ejus; ita et lumen ejus.

Quia tu possedisti renes meos: suscepisti me de utero matris meæ.

Confitebor tibi, quia terribiliter magnificatus es; mirabilia opera tua; et anima mea cognoscit nimis.

Non est occultatum os meum a te, quod fecisti in

occulto : et substantia mea in inferioribus terræ.

Imperfectum meum viderunt oculi tui ; et in libro tuo omnes scribentur : dies formabuntur, et nemo in eis.

Mihi autem nimis honorificati sunt amici tui Deus : nimis confortatus est principatus eorum.

Dinumerabo eos, et super arenam multiplicabuntur : exurrexi, et adhuc sum tecum.

Si occideris Deus peccatores : viri sanguinum, declinate a me.

Quia dicitis in cogitatione : Accipient in vanitate civitates tuas.

Nonne, qui oderunt te Domine, oderam ; et super inimicos tuos tabescebam ?

Perfecto odio oderam illos : et inimici facti sunt mihi.

Proba me Deus, et scito cor meum : interroga me, et cognosce semitas meas.

hadst knowledge of my life even before I began to live.

My very beginning Thou didst know perfectly, and my life and its capacities were written in Thy book before I came into being.

I have taken great pleasure in the lives of Thy saints, and they have shown me what I might have been.

The number of Thy graces to them is beyond all calculation, and if I take the whole night to consider I am still occupied with Thy wonderful favours.

Do Thou, O Lord, deal with sinners as Thou wilt. Do Thou keep evil men from interfering with my service of Thee.

They are ever speaking perversely of Thee. They strive to lead into vanity the dwellers in the cities of Thy kingdom on earth.

Shall I not hate them that hate Thee, my God ? Shall I not be consumed with anger when I see Thine enemies attacking Thee ?

I will hate all sin with a great hatred, and Thine enemies shall be mine enemies.

I will resign myself into Thy hands to prove me as Thou wilt. I will not try to hide anything from Thee, but be very open and sincere with Thee.

O search my heart and take from it all sin and all affection to sin. Do Thou, my God, lead me, and let me simply follow, that with Thee I may walk the eternal way marked out for me from the beginning.

**Eripe me, Domine. Ps. 139.**

**D**ELIVER me, O Lord, from the evil in my own nature—the evil desires and evil tendencies which I have encouraged in my past life. Rescue me from the injustice I have practised against Thee, robbing Thee of my heart which was Thine by right.

For I have devised evils in my heart against Thee, and all the days of my life I have sought to wage war against Thy gentle law.

I have argued when I ought to have obeyed, and I have been uncharitable in my dealings with Thy friends.

Guard me, then, O Lord, from my own wicked self, and deliver me from the unjust and ungenerous rebel within me.

For this evil nature which is always with me is ever striving to trip my feet in their journey to Thee, and my innate pride, assisted by the devil, is ever laying snares for me when I least expect them.

The snares they hide for me are strong, and will hold me if Thou dost not help me, and I shall surely fall if Thine angels do not bear me up.

Et vide, si via iniquitatis in me est : et deduc me in via æterna.

ERIPE me Domine ab homine malo : a viro iniquo eripe me.

Qui cogitaverunt iniquitates in corde, tota die constituebant prælia.

Acuerunt linguas suas sicut serpantis : venenum aspidum sub labiis eorum.

Custodi me Domine de manu peccatoris : et ab hominibus iniquis eripe me.

Qui cogitaverunt supplantare gressus meos : absconderunt superbi laqueum mihi.

Et funes extenderunt in laqueum : juxta iter scandalum posuerunt mihi.

Dixi Domino,  
Deus meus es tu :  
exaudi Domine vo-  
cem deprecationis  
meæ.

Domine Domine  
virtus salutis  
meæ : obumbrasti  
super caput meum  
in die belli.

Ne tradas me  
Domine a desi-  
derio meo pecca-  
tori ; cogitaverunt  
contra me : ne de-  
relinquas me, ne  
forte exaltentur.

Caput circuitus  
eorum : labor la-  
biorum ipsorum op-  
eriet eos.

Cadent super eos  
carbones ; in ignem  
dejicies eos :  
in miseriis non  
subsistent.

Vir linguosus  
non dirigetur in  
terra : virum in-  
justum mala ca-  
pient in interitu.

Cognovi, quia  
faciet Dominus ju-  
dicum inopis ; et  
vindictam pauper-  
um.

Verumtamen justi  
confitebuntur no-  
mini tuo : et habi-  
tabunt recti cum  
vultu tuo.

Now that I have turned to Thee, I cry to Thee, and I acknowledge that Thou art my God. Hear Thou the voice of my supplication to Thee for help.

O Lord, my Lord, in Thy strength alone can I be safe. Thy grace has overshadowed my head in the day of severest temptation.

Unite my will to Thine, O God, and give me not up to the wicked desires of my heart, for they are always plotting against me. Do not Thou forsake me lest they overcome me and triumph over Thy servant.

Pride, which is the head of all evil, compasseth me about ; and the sins of the tongue will bring me down and overwhelm me if Thou dost not help me.

Burn them out with the coals of Thy charity. Cast them away from me, and destroy them completely.

Teach me the value of silence, for if I am full of words Thou wilt not give me constancy. If I am unjust in my judgments, evil shall come upon me.

I trust in Thee, O my Lord, that Thou wilt see my needs and my weakness. Thou wilt be severe on me if I am not kind to the poor.

But if I am just in my dealings before Thee, Thou wilt allow me to give glory to Thy holy name. Make me upright and faithful that I may dwell for ever in the light of Thy kind countenance.

**Domine, clamavi. Ps. 140.**

I HAVE cried unto Thee, O Lord,  
hear Thou me and hearken to my  
voice when I pray to Thee.

May my prayer rise up to Thee, as  
incense offered to Thee on the Altar,  
and may my hands be lifted up to  
Thee as an evening sacrifice, *i.e.*,  
in thanksgiving.

Let no unguarded word come from  
my mouth, and no evil word pass my  
lips.

Grant, O my Lord, that I may take  
no pleasure in speaking of evil things,  
nor waste my breath in excusing my  
own negligence.

That my prayer may be heard by  
Thee, keep me from all that work  
iniquity. Let me not be beguiled by  
their natural good qualities, and take  
up their irreligious views.

Make me willing to take correction  
given me in mercy, by the good and  
let not the wicked beguile me by their  
seeming kindness.

Grant that my prayer may be ever  
against the evil which sinners love.  
May the leaders among the wicked, and  
they that sanction their evil ways, be  
of no avail.

They shall hear Thy words which are  
all powerful. And as the mass of the  
earth is broken up when at Thy com-  
mand the earth is moved,

DOMINE clamavi  
ad te, exaudi me :  
intende voci meæ,  
cum clamavero ad  
te.

Dirigatur oratio  
mea sicut incen-  
sum in conspectu  
tuo : elevatio ma-  
nuum mearum sa-  
crificium vespertini-  
num.

Pone Domine  
custodiam ori meo ;  
et ostium circum-  
stantiae labiis meis.

Non declines cor  
meum in verba  
malitiaæ, ad excus-  
andas excusationes  
in peccatis.

Cum hominibus  
operantibus iniqui-  
tatem ; et non  
communicabo cum  
electis eorum.

Corripiet me jus-  
tus in misericordia,  
et increpabit me :  
oleum autem pec-  
catoris non impin-  
guet caput meum.

Quoniam adhuc et  
oratio mea in bene-  
placitis eorum :  
absorpti sunt junci-  
ti petræ judices eo-  
rum.

Audient verba  
mea, quoniam potuerunt : sic ut  
crassitudo terræ er-  
upta est super ter-  
ram.

Dissipata sunt ossa nostra secus infernum ; quia ad te Domine Domine oculi mei ; in te speravi, non auferas animam meam.

Custodi me a laqueo, quem statuerunt mihi ; et a scandalis operantium iniquitatem.

Cadent in reticulo ejus peccatores : singulariter sum ego, donec transeam.

Voce mea ad Dominum clamavi : voce mea ad Dominum deprecatus sum.

Effundo in conspectu ejus orationem meam : et tribulationem meam ante ipsum pronuntio.

In defiendo ex me spiritum meum ; et tu cognovisti semitas meas.

In via hac, qua ambulabam, absconderunt laqueum mihi.

So if I am not faithful shall my bones be scattered at the mouth of the sepulchre, for against Thee, O Lord, none can stand. Therefore, mine eyes are lifted up in supplication to Thee, and I put my whole trust in Thee ; do not Thou take away my soul.

Preserve me from the snare which the wicked have prepared for my feet, and from the hindrances that they place in my path.

Thou shalt put a net for the wicked into which they shall surely fall. But by Thy grace I shall escape the snares they have laid for me, because Thou, O God, wilt treat with me apart from the wicked.

#### **Voce mea. Ps. 141.**

**I** CRY unto Thee, O Lord, and I implore Thee to help me.

In Thy sight I pour out my prayer, and I bring before Thee all the trouble of my soul.

I have lost all my courage, and I know not where to turn for help ; but I remember, O my good God, that Thou dost know me, and that Thou art not ignorant of the difficulties that lie in my way..

For mine enemies have laid a trap for me in the very path of Thy will. They have used my devotion to Thee to ensnare me into trouble.

I look on the right, from which side help might come, and I find no man who understands me.

Flight is of no avail, for I carry my trouble in my own bosom. No one but Thee can know my trouble, for Thou alone canst see it.

So I cry to Thee, O Lord, and I say, Thou art my hope, my portion, my inheritance in the land of the living.

Listen, then, to my prayer. I am in great need of Thy help, for I am brought down to the very dust.

Do Thou, my God, free me from them that persecute and trouble me. They are stronger than I ; but I look to Thee who art all powerful.

Bring my soul out of prison and out of all fear, that I may praise Thy holy name. The saints who have fought the good fight in the past are waiting for me that I may join them when Thou givest me my reward.

### **Domine exaudi. Ps. 142.**

**H**EAR my prayer, O Lord, and turn not away from me, for Thou hast promised to listen to the prayer of the lowly. Hear me in Thy justice that I may have confidence in Thee.

O judge me not with severity, for I am Thy servant. In Thy sight no man can be justified.

Considerabam ad dexteram et videbam ; et non erat qui cognosceret me.

Periit fuga a me : et non est qui requirat animam meam.

Clamavi ad te Domine ; dixi, Tu es spes mea : portio mea in terra viventium.

Intende ad depreciationem meam ; quia humiliatus sum nimis.

Libera me a persequentibus me ; quia confortati sunt super me.

Educ de custodia animam meam ad confitendum nomini tuo : me expectant justi, donec retribuas mihi.

DOMINE exaudi orationem meam ; auribus percipe observationem meam in veritate tua : exaudi me in tua justitia.

Et non intres in judicium cum servo tuo ; quia non justificabitur in conspectu tuo omnis vivens.

Quia persecutus  
est inimicus ani-  
mam meam : hu-  
miliavit in terra  
vitam meam.

Collocavit me in  
obscuris sicut mor-  
tuos sæculi ; et  
anxiatus est super  
me spiritus meus :  
in me turbatum est  
cor meum.

Memor fui die-  
rum antiquorum ;  
meditatus sum in  
omnibus operibus  
tuis : in factis ma-  
nuum tuarum me-  
ditabar.

Expandi manus  
meas ad te : anima  
mea sicut terra sine  
aqua tibi.

Velociter exaudi  
me Domine : de-  
ficit spiritus meus.

Non avertas fa-  
ciem tuam a me :  
et similis ero des-  
cendentibus in la-  
cum.

Auditam fac mihi  
m a n e misericor-  
diam tuam ; quia  
in te speravi.

Notam fac mihi  
viam, in qua am-  
bulem ; quia ad  
te levavi animam  
meam.

Eripe me de ini-  
micis meis Domi-  
ne, ad te confugi :

The enemy of my soul has filled me  
with anxiety. He has humbled me to  
the ground by filling my mind with  
evil thoughts.

He has brought darkness upon my  
mind as if I had been dead for years,  
and he has troubled me with the  
memory of my past life. Thus is my  
soul disturbed, and my heart is  
troubled within me.

My only consolation has been in the  
memory of Thy past favours, and all  
the kindness Thou hast shown to me.

I need Thee, O my God, as parched  
lands need water, and I stretch out  
my hands to Thee, begging Thee to  
be a comfort to me.

Do not delay, O Lord ; hear me  
speedily, for when I am so troubled  
all my spirit faints within me.

Turn not away Thy face from me  
lest I be in despair like to those who  
go down to hell.

Let me soon know that Thou wilt  
be merciful to me. Thou, my good  
God, art my only hope.

Guide me that I may walk as Thou  
wishes me to walk. I look for help  
from Thy kind spirit, and for this  
cause have I lifted up my soul to Thee  
in prayer.

Deliver me from these bitter ene-  
mies of my soul, O Lord, for I have

run to Thee for refuge. Teach me to do Thy will, for Thou art my God.

Thy good spirit shall lead me into the right land where I shall no longer anger Thee by my sins. For Thine own divine Name's sake make me vigorous to follow Thy lead along the path of perfection.

O bring my soul out of trouble, and put aside all the enemies of my life.

Do Thou, my God, put to flight and overcome completely all the evil spirits who afflict my soul, for I am Thy servant.

**Benedictus Dominus. Ps. 143.**

**BLESSED** be Thou, my Lord my God, who hast put into my hands the power to fight against the enemies of my soul.

Grant me the grace ever to rely on Thy mercy, and to fly to Thee for refuge. Be my support in every difficulty, and snatch me away when dangers are too great for me.

Thou, my good God, hast care of me, and I will trust in Thee. Thou wilt give me power to rule my own faculties, and to subdue them in Thy service.

What is man, O Lord, that Thou makest Thyself known to him; and who are we, the children of men, that Thou shouldst have consideration for our weakness?

doce me facere voluntatem tua m,  
quia Deus meus es tu.

Spiritus tuus  
bonus deducet me  
in terram rectam :  
propter nomen tuum  
Domine vivificabis  
me in æquitate tua.

Educes de tribulatione animam meam : et in misericordia tua disperdes inimicos meos.

Et perdes omnes,  
qui tribulant animam meam : quoniam ego servus  
tuus sum.

**BENEDICTUS** Dominus Deus meus,  
qui docet manus meas ad prælium :  
et digitos meos ad bellum.

Misericordia mea,  
et refugium meum ;  
susceptor meus, et  
liberator meus.

Protector meus,  
et in ipso speravi,  
qui subdit populum meum sub me.

Domine quid est homo, quia innotusti ei ? aut filius hominis, quia reputas eum ?

H o m o vanitati  
similis factus est :  
dies ejus sicut um-  
bra prætereunt.

Domine inclina  
cœlos tuos et de-  
scende : tange mon-  
tes, et fumigabunt.

Fulgura corusca-  
tionem, et dissipab-  
is eos : emitte  
sagittas tuas, et  
conturbabis eos.

Emitte m a n u m  
tuam de alto ; eripe  
me et libera me de  
aquis multis : de  
manu filiorum ali-  
enorum.

Quorum os locutum  
est vanitatem ;  
et dextera eorum  
dextera iniquitatis.

D E U S canticum  
novum cantabo ti-  
bi ; in psalterio de-  
cachordo psallam  
cibi.

Qui das salutem  
regibus : qui rede-  
misti David servum  
tuum de gladio ma-  
ligno, eripe me.

Et erue me de  
m a n u filiorum  
alienorum ; quo-  
rum os locutum  
est vanitatem : et  
dextera eorum dex-  
tera iniquitatis.

Our nature is full of vanity, and our days pass away as a shadow. There will be no worth in my life if Thou cease to have care of me.

Come then to me and take care of me. Show Thy strength in my behalf. All the great things of earth are in Thy power.

Send forth Thy lightning and scatter all my enemies. If Thou fight for me my enemy shall be in trouble.

From heaven put forth Thy hand to snatch me from the dangers amongst which I must ever struggle. Let not my own past sins have power to injure me.

For in the past I have spoken vanity, forgetting Thee ; my life has been sinful, and my hands worked evil against Thee.

#### **Division of Ps. 143 in Benedictine Breviary.**

BUT now, O Lord, I will sing to Thee a new song. My heart and my hands shall be moved to praise Thee.

Without Thine aid even kings have no security. Do Thou redeem me from the wounds with which I am threatened by the malice of the devil, as Thou didst redeem Thy servant David.

Deliver me from the wiles of those who have left Thy court in heaven. They tempt me by false praise to trust in them, and yet they always strive to lead me to sin.

But those whom Thou dost protect  
are full of vigour like to young plants,

And ornamented by Thy grace they  
are become as temples in which Thou  
mayest dwell.

Their stores of grace are plenteous,  
and they are able to help others by  
their prayers and good works.

Thou dost bless all that they  
possess so that they feel no want.

There is abundance for them and  
security, and there is no mourning for  
the loss of those dear to them.

As they who are so blessed by Thee  
with worldly goods are considered  
happy, so are we doubly happy in that  
Thou hast been, and art, and wilt  
be a kind God and merciful Lord to us.

#### **Exaltabo te, Deus. Ps. 144.**

I WILL sing Thy praises, my God,  
my King. I will bless Thy name  
for ever ; yea, for ever and ever.

Every day of my life will I bless  
Thee, and I will praise Thy holy name  
for ever ; yea, for ever and ever.

Thou art great and glorious, O Lord,  
and there can be no limit to Thy  
greatness. Grant that I may praise  
Thee without limit.

Quorum filii, sicut  
novellæ plantati-  
ones, in juventute  
sua.

Filiæ eorum com-  
positæ : circumor-  
natæ ut similitudo  
templi.

Promptuaria eo-  
rum plena, eructan-  
tia ex hoc in  
illud.

Oves eorum  
fœtosæ, abundan-  
tes in egressibus  
suis : boves eorum  
crassæ.

Non est ruina  
maceriæ, neque  
transitus, neque  
clamor in plateis  
eorum.

Beatum dixerunt  
populum, cui hæc  
sunt : beatus po-  
pulus, cuius Do-  
minus Deus ejus.

**E X A L T A B O** te,  
Deus meus rex :  
et benedicam no-  
mini tuo in sæ-  
culum et in sacu-  
lum sæculi.

Per singulos dies  
benedicam tibi :  
et laudabo nomen  
tuum in sæculum  
et in sæculum sæ-  
culi.

Magnus Dominus  
et laudabilis nimis :  
et magnitudinis  
ejus non est finis.

Generatio et generatio laudabit opera tua ; et potentiam tuam pronuntiabant.

Magnificentia in gloriae sanctitatis tuae loquentur : et mirabilia tua narrabunt.

Et virtutem terribilium tuorum dicent : et magnitudinem tuam narrabunt.

Memoriam abundantiae suavitatis tuae eructabunt : et justitia tua exultabunt.

Miserator et misericors Dominus : patiens et multum misericors.

Suavis Dominus universis : et miserationes ejus super omnia opera ejus.

**CONFITEANTUR** tibi Domine omnia opera tua : et sancti tui benedicant tibi.

; Gloriam regni tui dicent et potentiam tuam loquentur.

Every succeeding generation shall praise Thy works, for there can be none that do not acknowledge Thy power.

The whole earth speaks to me of Thy glory, and all the saints praise Thy divine holiness. They shall ever praise Thy wonderful works in the souls of the just.

They shall praise Thee also for Thy terrible judgments on those that serve Thee not.

They shall let all men know the abundance of Thy sweet dealing with souls that are faithful to Thee, and shall be joyful in the acknowledgment of Thy justice.

Thou art so gracious and so full of mercy to me, a sinner ; so patient when I do not follow Thee promptly, and so full of mercy when I fall.

Thou, my good God, art so sweet in Thy dealings with souls, and Thy most tender mercies are more wonderful than all Thy works.

#### **Division of Ps. 144 in Benedictine Breviary.**

**L**ET all Thy works praise Thee. For this am I chosen that in Thy works I should praise Thee. Thou hast given me the power by my soul and voice, and the right by my religious profession. How holy must I be if I am to do this work well !

I will speak to Thee in prayer of all Thy greatness and glory, and I will thank Thee for it all.

By my prayer in union with Thee I will spread Thy kingdom, and bring all to the knowledge of Thy great glory.

Thy kingdom, which is not of this world, but endureth for ever, shall be spread by me, O Lord, if I keep close to Thee, for Thou hast promised it.

The prayer of the faithful heart shall be heard. Thou art faithful to keep Thy promises, and Thou art holy in all Thy works.

Thou wilt raise me up if I fall, and Thou wilt remove sadness from me so long as I trust in Thee.

For mine eyes shall hope in Thee, that Thou wilt give me consolation in Thine own good time.

In Thy hands are blessings for us all, and Thou dost supply the wants of every living creature.

Thou, my Lord, art just in all Thy ways, and most holy in all Thy works. How lavish of Thy gifts Thou hast been to me !

Thou art very near to me when I call upon Thee, if I speak to Thee from a sincere and humble heart.

I will fear to offend Thee, dear Lord, and Thou wilt hear my prayer and save me.

Ut notam faciant filiis hominum potentiam tuam ; et gloriam magnificentiae regni tui.

Regnum tuum, regnum omnium sacerdotiorum : et dominatio tua in omni generatione et generationem.

Fidelis Dominus in omnibus verbis suis : et sanctus in omnibus operibus suis.

Allevat Dominus omnes, qui corrunt : et erigit omnes elisos.

Oculi omnium in te sperant Domine : et tu das escam illorum in tempore opportuno.

Aperis tu manum tuam ; et imples omne animal benedictione.

Justus Dominus in omnibus viis suis : et sanctus in omnibus operibus suis.

Prope est Dominus omnibus invocantibus eum : omnibus invocantibus eum in veritate.

Voluntatem timentium se faciet ; et deprecationem eorum exaudiet : et salvos faciet eos.

Custodit Dominus  
omnes diligentes se:  
et omnes peccatores  
disperdet.

Laudationem Do-  
mini loquetur os  
meum : et benedicat  
omnis caro  
nominis sancto ejus  
in sæculum et in  
sæculum sæculi.

Oh, keep me in Thy love that I may  
speak to Thee, and be sure that Thou  
wilt hear me.

My mouth shall speak Thy praise,  
and my whole being shall bless Thy  
holy name. In Thy goodness, O my  
God, let me sing to Thee, that at the  
end of my life here I may be with  
Thee for ever and ever.

### **Lauda anima mea. Ps. 145.**

**L A U D A** anima  
mea Dominum ;  
laudabo Dominum  
in vita mea ; psal-  
lam Deo meo,  
quamdiu fvero.

Nolite confidere in  
principibus : in fi-  
liis hominum, in  
quibus non est  
salus.

E x i b i t spiritus  
ejus, et revertetur  
in terram suam :  
in illa die peribunt  
omnes cogitatio-  
nes eorum.

Beatus, c u j u s  
Deus Jacob adju-  
tor ejus ; spes ejus  
in Domino Deo  
ipsius : qui fecit  
cœlum et terram,  
mare et omnia,  
quæ in eis sunt.

**T**HE chief work of my life is to sing  
Thy praises, O my God. Give  
me such an interest in it that I shall  
be content to do this same work for  
Thee all my life.

Thou art my helper ; in Thee let my  
hope be fixed. Thou art all powerful,  
and canst make even the praise I  
render to Thee acceptable.

Thy Holy Spirit shall come into my  
heart if I put my trust in Thee. And  
though I have often driven Thy Holy  
Spirit from me, He will return to me if  
I am humble. In that day the thoughts  
that have troubled me shall cease.

Let my hope be in Thee, my God.  
Give me a firm confidence that Thou  
wilt help me and bring joy to my  
heart ; for Thou hast made all things,  
and wilt rule all things for my benefit,  
so that what was formerly a distraction  
to me, shall, by Thy power, lead me  
to Thyself.

I will trust also in Thy truth, and leave myself to Thy merciful judgment. Thou givest food to the hungry ; O my God, let me ever hunger for Thee.

Thou wilt free me from all the entanglements of sin and doubt, and wilt enlighten my blindness.

If I am cast down with sadness, Thou wilt in Thy loving-kindness raise me up. Let me always recognise and acknowledge Thy goodness towards me.

Thou art ever my good God. I will strive to imitate Thee in Thy kindness to all.

Oh, reign for ever in my soul. Thou art always good to me, and wilt be for ever if I but stay close to Thee, O my God.

#### **Laudate Dominum. Ps. 146.**

IT is good for me, O Lord, to praise Thee in the Divine Office. Make my praise to be ever joyful and comely.

Because of my service to Thee in choir, Thou wilt build up my soul in virtue, and Thou wilt gather together Thy chosen ones from all sides to join with me.

Do Thou grant me an abiding sorrow for my sins, and heal the wounds they have left in my soul.

In Thy mercy number me among Thy saints who shine with glory in heaven. Be so close and intimate

Qui custodit veritatem in sæculum ;  
facit judicium injuriam patientibus :  
dat escam esurientibus.

Dominus solvit compeditos : Dominus illuminat cæcos.

Dominus erigit elisos : Dominus diligit justos.

Dominus custodit advenas ; pupillum et viduam suscipiet : et vias peccatorum disperdet.

Regnabit Dominus in sæcula, Deus tuus, Sion : in generationem et generationem.

LAUDATE Dominum, quoniam bonus est psalmus : Deo nostro sit jucunda decoraque laudatio.

Ædificans Jerusalem Dominus : dispersiones Israëlis congregabit.

Qui sanat contritos corde : et alligat contritiones eorum.

Qui numerat multitudinem stellata-

rum : et omnibus  
eis nomina vocat.

Magnus Dominus  
noster, et magna  
virtus ejus : et sa-  
pientiae ejus non  
est numerus.

Suscipiens man-  
suetos Dominus :  
humilians autem  
peccatores usque  
ad terram.

Præcinite Domino  
in confessione :  
psallite Deo nostro  
in cithara.

Qui operit cœlum  
nubibus : et parat  
terræ pluviam.

Qui producit in  
montibus fœnum,  
et herbam servi-  
tuti hominum.

Qui dat jumentis  
escam ipsorum, et  
pullis corvorum in-  
vocantibus eum.

Non in fortitudi-  
ne equi voluntati-  
tem habebit : nec  
in tibiis viri bene-  
placitum erit ei.

Beneplacitum est  
Domino super ti-  
mentes eum : et in  
eis, qui sperant  
super misericordia  
ejus.

with me that I may hear Thy voice  
calling me by my name.

Thou, the great God, wishest to be  
my friend. Thou wilt enable me to be  
strong in Thy service with Thine own  
strength, and to be wise in Thine own  
wisdom.

But Thou wilt not take me by the  
hand and help me, unless I in my turn  
am kind to those around me. Thou  
lookest principally to Thy religious for  
kindness, forbearance, and meekness.  
Thou wilt humble to the earth those  
who persist in sin.

Therefore, sustained by Thy power,  
I will sing to Thee in the Divine  
Office, and I will praise Thee by  
every means in my power.

For as Thou art so good, bringing  
rain to the land, so Thou dost bring  
me joy in my religious vocation.

As Thou dost provide food for man,

And for all the beasts of the field,  
so wilt Thou in Thy goodness bless  
my efforts, and make them fruitful  
in Thy service.

Thou hast no need of the strength of  
man or of beast, and Thou wilt not  
bless those who trust in their own  
strength.

Thou takest Thy pleasure in those  
who fear to offend Thee, and yet  
place all their hope and confidence  
in Thee, knowing Thee to be merciful,  
patient and long suffering. Oh, what  
a good God we have to serve !

**Lauda Jerusalem. Ps. 147.**

**G**RANT, O Lord, that the whole Church may praise Thee, and that in a special way all Thy religious, to whom the duty of public praise is committed by the Church, may praise Thy holy name.

Blessed be Thou, O Lord, because Thou hast preserved our holy Order, and hast given me the grace to belong to it, and hast had a care over it from the beginning.

Blessed be Thou, my good God, for the gift of peace which Thou hast given us in our community life, and for Thy goodness in providing for us.

Thou hast let me hear Thy words ; Thou hast given me to understand Thee quickly.

As the snow covers up the inequalities of the ground, so hast Thou covered my sins, but so gently as if with wool.

The storms which strike my soul are very grievous, and unless Thou protect me I cannot endure them.

Thou hast sent Thy burning word to restore warmth to my soul, and Thy Spirit breathes upon me to melt my cold heart. Let my life flow like a river according to Thy will.

Thou makest Thy word known to me, and Thy Holy Spirit teaches me justice, *i.e.*, leads me towards perfection.

LAUDA, Jerusal-  
lem, Dominum :  
lauda Deum tuum,  
Sion.

Quoniam confor-  
tavit seras portar-  
rum tuarum : be-  
nedit filiis tuis  
in te.

Qui posuit fines  
tuos pacem : et  
adipe frumenti sa-  
tiat te.

Qui emittit elo-  
quium suum ter-  
ræ : velociter cur-  
rit sermo ejus.

Qui dat nivem  
sicut lanam : ne-  
bulam sicut cine-  
rem spargit.

Mittit crystallum  
suam sicut buc-  
cellas : ante faciem  
frigoris ejus quis  
sustinebit ?

Emittet verbum  
suum, et liquefac-  
iet ea ; flabit spi-  
ritus ejus et fluent  
aquaæ.

Qui annuntiat ver-  
bum suum Jacob ;  
justicias et judicia  
sua Israel.

Non fecit taliter  
omni nationi : et  
judicia sua non  
manifestavit eis.

**LAUDATE** Dominum de cœlis :  
laudate eum in ex-  
celsis.

Laudate eum omnes Angeli  
ejus : laudate eum  
omnes virtutes  
ejus.

Laudate eum sol  
et luna : laudate  
eum omnes stellæ  
et lumen.

Laudate eum cœli cœlorum : et  
aquaë omnes, quæ  
super cœlos sunt,  
laudent nomen  
Domini.

Quia ipse dixit,  
et facta sunt : ipse  
mandavit, et crea-  
ta sunt.

Statuit ea in  
æternum et in sæ-  
culum saeculi :  
præceptum posuit,  
et non præteribit.

Laudate Dominum de terra :  
dracones et omnes  
abyssi.

Ignis, grando, nix,  
glacies, spiritus  
procellarum : quæ  
faciunt verbum  
ejus :

Thou hast chosen me from the world  
that where Thou art I may also be.  
How good and kind Thou hast been to  
me, O Lord !

**Laudate Dominum. Ps. 148.**

**G**RANT, O Lord, that I may join in  
the praise which is given to Thee  
from the heavens, and from the very  
highest courts of heaven.

Give me courage to praise Thee in  
company with the angels ; to praise  
Thee in the company of those spirits  
which work Thy will on earth.

Let me praise Thee with the sun and  
moon ; let me praise Thee with every  
star, and every point of light.

The heavens help me to praise Thee,  
for they tell me of Thy magnificence ;  
and the gentle rain tells me of Thy  
mercy.

All the forces of nature have come  
from Thy hand and obey Thy word.  
I alone have been guilty of dis-  
obedience. Make me ever faithful to  
Thee, my good God.

Thou hast chosen me from eternity,  
and Thou art ready to keep me  
united to Thee for eternity. It will  
be my own fault if I profit not by  
Thy goodness.

Grant that I may praise Thee also  
in the earth, even for the monsters  
which I fear, and the deep ravines  
which strike terror into me.

Let me praise Thee for the powers  
of destruction which Thou usest to  
do Thy will.

Let me praise Thee in the mountains which take my thoughts to Thee ; in all the fruit trees Thou givest me, and all the shade of the cedars and the trees of the forest.

For all the beasts of the chase and cattle of the fold ; yea, even for serpents and for all birds let me praise Thee.

Let me praise Thee in the work Thou givest to the kings of the earth, and all nations, princes, and all them that judge the earth.

But most of all, let me join myself with the choirs of Thy chosen ones throughout the earth who have dedicated their lives to Thy service. To Thee only will I offer the sacrifice of praise. To Thee alone will I render glory.

Thy public praise shall be my delight beyond all things. Help me, O my God, to make myself truly fit to perform this work for the whole earth.

For by my profession I am called to sing with Thy saints, and to become a child of Israel, Thy chosen one. Would that I, too, with all Thy saints may grow nearer to Thee each day of my life !

Montes et omnes  
colles, ligna fructi-  
fера et о m n e s  
cedri.

Bestiæ et univer-  
sa pecora, serpen-  
tes et volucres pen-  
natæ :

Reges terræ et  
o m n e s populi,  
principes et om-  
nes judices terræ :

Juvenes et vir-  
gines : senes cum  
junioribus laudent  
nomen D o m i n i :  
quia exaltatum est  
nomen ejus solius.

Confessio e j u s  
super cœlum e t  
terrā : et exalta-  
vit cornu populi  
sui,

Hymnus omnibus  
sanctis ejus : filiis  
Israel, populo ap-  
propinquanti sibi.

### Cantate Domino. Ps. 149.

M AKE my praise of Thee, O Lord, always new and more worthy of Thee each time I come before Thee.

CANTATE Domino  
canticum novum :  
laus ejus in eccl-  
esia Sanctorum.

Lætetur Israel in eo, qui fecit eum : et filii Sion exultent in rege suo.

Laudent nomen ejus in choro : in tympano et psalterio psallant ei.

Quia beneplacitum est Domino in populo suo : et exaltabit mansuetos in salutem.

Exultabunt Sancti in gloria : lætabuntur in cubilibus suis.

Exaltationes Dei in gutture eorum : et gladii ancipites in manibus eorum.

A d faciendam vindictam in nationibus, increpationes in populis.

A d alligandos reges eorum in compedibus, et nobiles eorum in manicis ferreis.

Ut faciant in eis judicium conscriptum : gloria hæc est omnibus Sanctis ejus.

My soul, striving to do Thy will, shall be always joyful in trusting in Thee, my Creator and my Guardian.

Make me glad to give myself to Thy praise, and to the work of the choir.

Because Thou, my Lord, art pleased in Thy chosen ones, grant that I may live up to my holy profession in which Thou didst choose me ; and, above all, grant that I may be kind and meek as Thou wast, that I may make the most of Thy goodness to me.

In Thy Church Thy servants shall be full of joy, and shall seek to give Thee all the glory they are able. They shall rejoice in Thy presence in the quiet of night, turning to Thee as soon as they wake.

Thy praise, O my God, shall be in my mouth. Grant that I may never discourage anyone in Thy service. Put the two-edged sword into my hand that I may be ready to stand up for Thee, my King, at all times.

Let me have vengeance on myself for my sins, and bring my body into subjection to Thy will.

Thus shall I bind the evil spirit, that he may do no harm by inducing sadness and self-seeking.

So shall I cripple him, and this shall be my glory, that some little of the joy of heaven shall shine about me. Close to Thee, my God, how can I be anything but full of joy ?

**Laudate Dominum. Ps. 150.**

**G**RANT me, O my God, to appreciate and love sanctity, that I may be ready to see Thy power in all things.

The more I understand Thy power and majesty, the more perfectly shall I praise Thee.

Grant, O Lord, that I may not be wanting in any praise I can offer Thee. Let me praise Thee as a perfect musician is capable of praising Thee. Let me praise Thee by my prompt answer to Thy call in time of battle. Let me praise Thee in the quieter service of a joyful heart.

Grant that I may praise Thee in the bustle of active life, and also in the splendour of the services of the Church.

Let me praise Thee on all occasions of joy. Let every spirit praise and bless Thee, O my God, for ever. Amen.

LAUDATE Dominum in sanctis ejus : laudate eum in firmamento virtutis ejus.

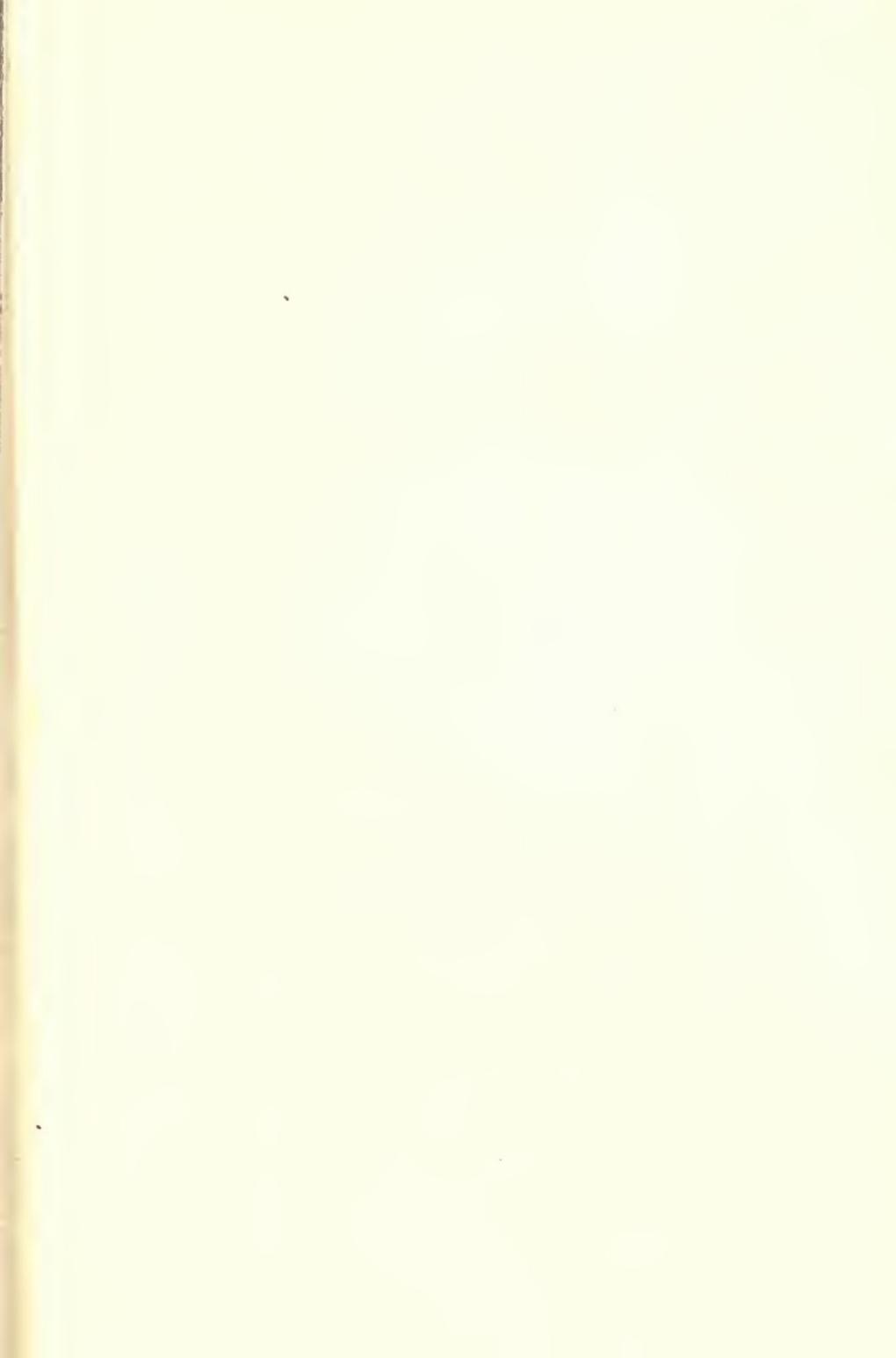
Laudate eum in virtutibus ejus : laudate eum secundum multitudinem magnitudinis ejus.

Laudate eum in sono tubae : laudate eum in psalterio et cithara.

Laudate eum in tympano et choro : laudate eum in chordis et organo.

Laudate eum in cymbalis benesonantibus ; laudate eum in cymbalis jubilationis : omnis spiritus laudet Dominum.

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Smith, Oswald, Abbot, d. 1924.  
An easy way to use the psalm

